



2001 Municipal Court
Harrison City, PA 15636
(724) 392-4555 Facebook.com/ptrecreation
(724) 744-2172-fax

Mon-Fri, 9:00am-4:00pm
www.ptarc.org

**REGISTER ON-LINE
ON OUR WEBSITE:
WWW.PTARC.ORG**

Questions? Call us, we're here to help!

YOGA, YOGA, YOGA...& PIYO—TO REGISTER: WWW.PTARC.ORG

GENTLE VINYASA FLOW Ages 18 & up

This class is structured to begin with breath work, passive stretching and a slow warmup. It will find its peak with a steady flow and strong standing postures to build heat in the body, then wind back down with soothing postures and a final rest in savasana, or resting pose. Each class will offer a practice that is both challenging and relaxing. There will be modifications to accommodate all levels. Please bring a yoga mat, towel and water.

Instructor: Kali Kearns

Location: PT Municipal Building Comm. Room

Time: Monday, 9:00-10:00 am

1st 6 week session: September 23-October 28 OR

2nd 6 week session: November 4-December 16 (no 11/11)

Fee: PTSD Residents, \$34, Non-residents, \$42

YOGA IN THE EVENING Ages 18 & up

Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. Come join us for this gentle flow yoga class and see what it's all about! Bring mat, water bottle, blocks (if you have them) and towel.

Instructor: Danni Hale Pettit

Location: Penn Township Municipal Building

Time: Tuesdays, 6:30-7:30 pm

1st 6 week session: Sept. 10-Oct. 22 (no 10/1) OR

2nd 6 week session: Nov. 5-Dec. 17 (no 12/3)

Fee: PTSD Residents, \$29, Non-residents, \$37



YIN YOGA Ages 18 & up

Yin Yoga is a quiet, meditating practice with long, deep posture holds. This class targets the body's connective tissue and promotes the mobilization of fascia while increasing circulation and flexibility. Class will close with a restorative posture. All levels welcome! Please bring a yoga mat, two towels & a water bottle.

Instructor: Kali Kearns

Location: Penn Township Municipal Building

Time: Friday, 9:00-10:00 am

1st 6 week session: September 6-October 18 (no 9/13)

OR

2nd 6 week session: November 1-December 13

Fee: PTSD Residents, \$34, Non-residents, \$42



New! PIYO (Morning) Ages 18 & up

This class combines the practices of Pilates and Yoga. You will build strength, increase flexibility and burn calories. Bring a mat.

Instructor: Stacia Vallo-Martucci

Location: Alison Biondi's Gymnastics

Time: Wednesday, 9:15-10:00 am

1st 7 week session: September 11-October 23

2nd 7 week session: Oct. 30-Dec. 18 (no 11/27)

Time: Friday, 9:15-10:00 am

1st 7 week session: September 13-October 25

2nd 7 week session: Nov. 1-Dec. 20 (no 11/29)

Fee per session: PTSD Residents \$35

Non-Residents \$43

If you sign up for both Wednesday and Friday classes in the same session..... GET A DISCOUNT: \$65 for PTSD Resident and \$73 for Non-Residents

SATURDAY POWER YOGA (morning) Ages 16 +

A dynamic and energizing morning practice for the more seasoned yogi. Building off the breath and vinyasa-style flow, this class kicks it up a notch for those who want to work, sweat and build strength. Perfect for awakening your core strength and challenging yourself with more advanced balances and postures. Bring a mat, towel and water

Instructor: Kim McLeod

Location: PT Municipal Building, Comm. room

Time: Saturday, 9:30 – 10:30 am

Date: 1st 6 week session: September 7 – October 19 (no 9/21) OR

2nd 6 week session: November 2-December 14 (no 11/23)

Fee: PTSD Residents \$39, Non-residents \$47

SATURDAY CHILL YOGA (morning) Ages 16 +

Ease into the weekend with a chill mid-morning yoga practice that will empower and inspire inner and outer transformation through guided meditation, gentle movement, and mindful breathing. Incorporating low lighting and relaxing music, you will be guided with compassion to explore your inner self and allow your mind to unwind. Perfect for anyone seeking to calm the mind, reduce stress and relax the body. Bring a mat, towel and water.

Instructor: Kim McLeod

Location: PT Municipal Building, Comm. room

Time: Saturday, 10:45 – 11:45 am

Date: 1st 6 week session: Sept. 7 – Oct. 19 (no 9/21) OR

2nd 6 week session: Nov. 2-Dec. 14 (no 11/23)

Fee: PTSD Residents \$39, Non-residents \$ 47