

MOVE WELL CLASSES

Classes held at the Move Well Movement Studio at Body Renewal & Rejuvenation
2130 Five Mile Line Road
Penfield, NY 14526

Because space is limited, your spot in class must be reserved. **Call / text me (Jackie) at 585-315-1726 at least a day in advance to let me know when you will be participating.**

What are "Move Well" Classes?

In these classes you will learn that "you are how you move". Over time your habits of movement, or non-movement, have molded your body into a posture that may be less than perfect and can even be adversely affecting your wellbeing. These classes will help you learn how to move more of your body parts with simple alignment techniques, movements, and habit changes that will, over time, improve your health and vitality. Some exercises will require getting on the floor.

Logistics: Classes are conducted barefoot or with socks. Therefore, to be prepared for class and to keep the studio clean of debris, please remove your footwear and leave them on the boot rack by the stairs in the hallway before entering the studio (first door on the right). The studio has all equipment needed for class and because space is limited, please do not bring your own mat. It will be provided in class.

Alignment & Movement Basics (pre-registration and payment required!)

Cost: \$110 - **Early bird price of \$100** if registered and paid in full by 01/15/2020.

Day & Time: **Every Wednesday for 8 weeks, 1:00-2:00 PM**

Dates: **February 5 - March 25, 2020**

These classes will help you move with greater ease and with less pain. In this 8-week class series meeting once per week, you will gain an understanding of proper lower & upper body alignment and how poor alignment may be contributing to pain that you may be experiencing in your body. You will learn how to begin correcting your alignment with basic stretches, strengthening exercises, and simple habit changes. If you haven't been moving much, this class series will help you start being more active by learning safe and effective principles to move by.

Week-Long Class Series: Your Core (pre-registration and payment required!)

Cost: \$65 - **Early bird price of \$60** if registered and paid in full by 02/14/2020. If you can't make it to all classes, you can pay \$15 for each class that you would like to come to. Advanced notice is required, however.

Day & Time: **Monday-Friday, 9:00-10:00 AM for 5 days**

Dates: **March 2 - March 6, 2020**

This series is a challenging set of classes with most movements done on the floor. You will not be doing the typical sit-ups or crunches in this class! Instead, you will learn that your core is affected by more than your abdominal muscles. In each class, you will learn a different idea of how your core can be stronger by moving a little bit differently.

Whole Body Wellness Class

Cost: \$15 per class or \$50 for four classes which expire 6 weeks from first class taken of the four classes

Day & Time: **Every Wednesday, 10:30-11:30 am**

Strong, supple muscles lead to a pain-free life! Each class will focus on a different area of the body to build overall wellness. Challenging but simple movements will be done throughout the class. Take any number of classes you would like or take them all. Participate when your schedule allows!