

Price Listing

Yoga \$12.00 per class
(for full session)

Pilates \$11.00 per class
(for full session)

Easy Tai Chi \$11.00 per class
(for full session)

Qigong \$11.00 per class
(for full session)

Sign up for two or more classes and receive 10% OFF

Drop-in Fee. \$15.00 per class
(welcome if space permits)

FMH Select! members receive a
20% discount

**It is always advisable to consult with your
healthcare provider prior to participating in any
exercise program.**

Credit for missed classes can only be
given for medical reasons.

Please wear loose, comfortable clothing for all of
the classes. Class supplies are provided by FMH
Wellness Center.



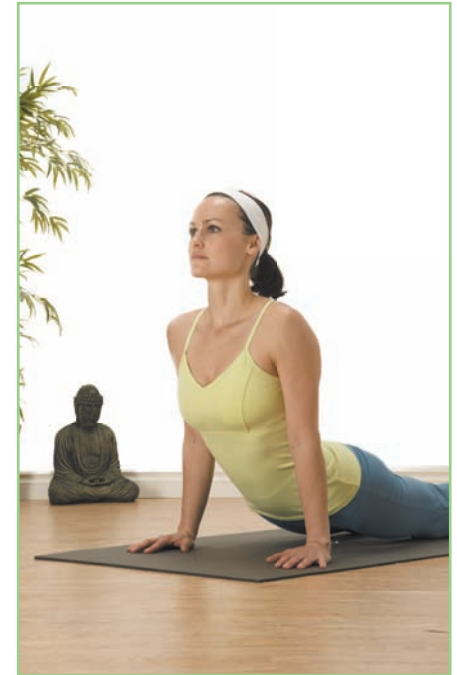
FMH Wellness Center

FSK Mall, 5500 Buckeystown Pike
Frederick, Maryland 21703

240-379-6010 240-379-6050 Fax
TDD 240-566-3700

www.fmh.org

Pilates, Yoga, Tai Chi,
Qigong, Pre-natal Yoga



*Celebrating
a Healthier Life*



Yoga

Classes will include basic Hatha yoga postures, breath awareness and relaxation of the body and mind. You will be guided to work at your own pace during classes; therefore this class is appropriate for both the beginner and those who have practiced yoga in the past. The instructor will tailor the class to the needs of all class members. (1 hour 15 minutes)

Yoga for Seniors

Designed for the adult 55 years or older, this class will emphasize gentle yoga postures to improve balance, stability and breath capacity. Also great for stress reduction! (1 hour)



"It is the mind itself which builds the body"

- Friedrich Schiller

"A journey of a thousand miles begins with one step."

- Chinese Proverb

Prenatal Yoga

Gentle stretching, toning and relaxation for the pregnant woman. You must be beyond your first trimester to register. Please bring a pillow to class to use during the relaxation segment. You may sign up for this class throughout your last two trimesters! (1 hour 15 min)

"For me, yoga is not just a workout—it's about working on yourself." - Mary Glover

Pilates

A mat-based workout that focuses on strengthening the "powerhouse" muscles in the center or core of the body. This is beneficial in maintaining good posture and proper alignment. This class is both for the beginner and those who have practiced pilates before. The instructor will tailor class to the needs of all class members. (1 hour)

"My healthcare practitioner said I recovered from my injury more quickly because of the strength I gained from my pilates class." - Nancy H.



Easy Tai Chi

A basic introduction to Tai Chi practice with a special emphasis on simplicity that is easy to learn and fun to do. All the benefits of Tai Chi including relaxation and mental awareness will be experienced. Tai Chi also improves balance and body alignment. (1 hour)

"Tai chi, with its gentle strength, moves us closer to feeling more truly alive."

- Bruce Frantzis

Qigong

An ancient Chinese art form for strengthening the body's vital energy (chi). Class will include breathing exercises, movements, postures and meditation. It is even easier than our Easy Tai Chi! (1 hour)