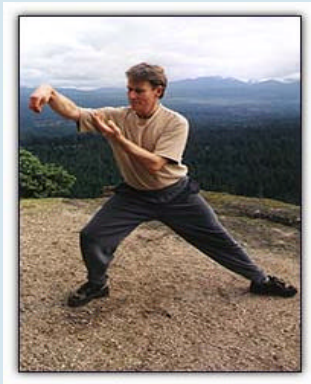


Tai Chi

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



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

Wellness Center
5500 Buckeystown Pike
Frederick, MD 21703
Frederick Memorial Healthcare System

FREDERICK MEMORIAL HEALTHCARE SYSTEM

Pilates, Yoga, Tai Chi Pre-Natal Yoga

*Helping You Celebrate A
Healthier Life*



"The beauty is that people often come here for the stretch, and leave with a lot more" -
Liza Ciano

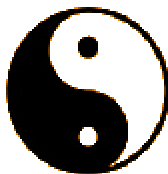
Tel: 240-379-6010
Fax: 240-379-6050
www.fmh.org

Come Exercise with Us !

Beginner 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 wish to revisit the basics. (1 hour 15 minutes)

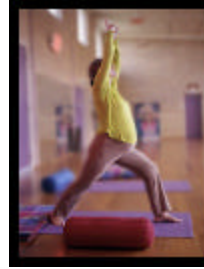
Mixed Level Yoga Practice — Recommended for either beginners, those who have taken a previous yoga session or practiced yoga in the past. We will accommodate both levels in this class and continue to enhance your practice with the introduction of additional postures and increased relaxation. (1 hour 15 minutes)

Gentle Yoga — A class with a gentle style & emphasis on guided relaxation. You will enhance your body, mind and spirit in this class! Great for beginners and those who have taken yoga before. (1 hour 15 minutes)



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

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)



Beginner Pilates – A mat based workout, which focuses on strengthening the “powerhouse” muscles in the center or core of the body that are instrumental in maintaining good posture and proper body alignment. (1 hour)

Continue Pilates Practice - Suggested for those who have taken a least one previous pilates session. You will continue to progress and advance your practice of pilates with additional exercises and build the level of intensity in the workout. (1 hour)

"It is the mind itself which builds the body" --Friedrich Schiller



Fees For Classes:

	Price
<input type="checkbox"/> Yoga	\$11.00 per class
<input type="checkbox"/> Pilates	\$10.00 per class
<input type="checkbox"/> Easy Tai Chi	\$8.00 per class
<input type="checkbox"/> Save by purchasing our Package Price : Yoga & Pilates	10% OFF
<input type="checkbox"/> Drop-in Fee - per class	\$15.00 per class

FMH Select members receive a 20% discount

Don't delay, call today!

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

**FREDERICK MEMORIAL
HEALTHCARE SYSTEM**

Wellness Center
5500 Buckeystown Pike
Frederick, MD 21703
Phone: 240-379-6010
Fax: 240-379-6050
www.fmh.org