

CRESTWOOD HILLS PARK

WINTER CLASSES

. **MONDAY: Cardio Heart Yoga:** 3:30-4:30 p.m. This class focuses on a rigorous workout that will get your heart pumping. Suggested for advanced yoga or athletic adherents. **Magic Workshop:** Learn to entertain and fool your friends! A basic **free** hands-on class using objects found around the house: playing cards, paper, string, rubber bands, etc. The teacher is a Magic Castle professional with over 20 years teaching experience. 5:00-6:00 p.m.

. **TUESDAY: Quantum Art:** A **free** class focusing on art as experience and process; optical illusions, conceptual art principles, environmental and minimal art projects will be discussed and utilized. 2:30-4:30 p.m.

. **WEDNESDAY: Tai Chi/Chi Gong:** 8:00 -9:15 a.m. Ancient healing movement and low-impact exercise combine to create the perfect body-mind combination: 8:00 -9:15 a.m. **Moving Meditation:** In this free class students will be introduced to various concepts of mindfulness and dance movement, exploring total freedom through personal transformation. 1:00-2:00 p.m. / **Bridge Club:** A **free** opportunity to get together with your community in the club room for card games. 3:00-5:00 p.m.

. **THURSDAY: Hatha Yoga:** A class in the traditional form of yoga presented in the quiet serenity of our inside club room. 3:30-4:30 p.m.

. **FRIDAY: Bridge Club:** (See Wednesday above) 3:00-5:00 p.m.