Jill Mitchell Fitness Classes

Yoga
All skill levels are welcome. Bring a floor mat. Learn breathing techniques, simple stretches, asanas, and meditation for relaxation. Meridian exercises, plus 5 exercises reputed to increase longevity and youthfulness included.

Mondays
No class February 16
6:30-7:45 PM Fee: $65.00
Cape Horn-Skye - Pod B

Yoga - Beginning
Class is for beginners only. Bring a floor mat. Learn breathing techniques, simple stretches, asanas, and meditation for relaxation. Meridian exercises, plus 5 exercises reputed to increase longevity and youthfulness included.

Tuesdays
Jan. 20-Mar. 24 Code: 2037-15
6:00-7:00 PM Fee: $60.00
Hathaway School - Cafeteria

Yoga - Simplified/Modified
For mature adults and anyone who wants a less strenuous class. Work is done seated or in a wheelchair. Simple yet dynamic exercises in breath work, stretching, flexibility, and relaxation techniques. Benefits include increased energy, better mental and physical health, improved mobility, strength, and sense of well being.

Tuesdays
10:30-11:15 AM Fee: $45.00
River Rock Church, 3520 NE 3rd Ave., Camas

Tai Chi/Qigong - Beginning
The ancient arts of Tai Chi and Qigong combine natural, physical movement with breathing visualization, and mental concentration. This art form helps relieve stress, lowers blood pressure, and improves strength, balance, mobility, and endurance. All exercise form is done standing up. Wear comfortable clothing.

Wednesdays
Jan. 21-Mar. 25 Code: 2039-15
6:00-7:10 PM Fee: $65.00
Jemtegaard M.S., Gym Annex Rm.

Tai Chi/Qigong - Returning
Class is for returning Tai Chi/Qigong students.

Wednesdays
6:30-7:45 PM Fee: $65.00
Jemtegaard M.S., Gym Annex Rm.

Tai Chi - Simplified/Modified
For mature adults and anyone who wants a less strenuous class. Class includes a warm-up, an 8 movement Yang Style Tai Chi form, and a cool down. Work can be done from a standing position, in a chair, or in a wheelchair. Benefits include increased energy, better mental and physical health, improved mobility, strength, and sense of well-being.

Tuesdays
Jan. 20-Mar. 24 Code: 2041-15
9:30-10:15 AM Fee: $45.00
River Rock Church, 3520 NE 3rd Ave., Camas