

RENAISSANCE

CLASS SCHEDULE

TIME	TUESDAY	WEDNESDAY	THURSDAY
8:00 am	8:00-9:00 Morning Yoga		
9:00 am	9:15-10:15 STRONG WOMEN		9:15-10:15 STRONG WOMEN
10:00 am	10:30-11:15 STRONG TO THE CORE		10:30-11:15 STRONG TO THE CORE
11:00 am			
12:00 pm		renaissance-pa.com 360/565-1199 401 Front St. Port Angeles	
1:00- 3:00 pm			
4:00 pm			4:00-5:00 Afternoon Yoga
5:00 pm	5:15-6:15 STRONG WOMEN		5:15-6:15 STRONG WOMEN
6:00 pm	6:15-7:00 STRONG TO THE CORE		6:15-7:00 STRONG TO THE CORE
7:00 pm			7:00-8:00 Sunset Yoga

Yoga combines deep breathing, slow movements and postures that gently stretch and lengthen muscles. It has many health benefits. Research is confirming what yoga practitioners have known for ages: yoga strengthens muscles and increases flexibility, increases joint range of motion, improves circulation, helps reduce anxiety, lower blood pressure, and increase heart rate efficiency.

Heather Hummel instructs

Strong Women is a modest weight-training program in which participants lift small hand and leg weights for an hour just twice a week. This program developed by Tufts University researchers is turning back the clock on bone density loss--osteoporosis, and creating several unintended benefits as well.

Lynn Keenan instructs

Strong to the Core is a 45-minute exercise class designed to build strength and flexibility in the muscles that form the architecture of the back: the back, hip, and abdominal muscles.

This class decreases back and hip pain, increases range of motion and flexibility, improves posture, tones and tightens the muscles of the abdomen. You will feel and look great as a result of this class!

Renaissance staff instructs