

Ongoing Programs

Questions? Call 941.383.6493 or
email amy@theparadisecenter.org

STRETCH & STRENGTHEN (seated)

Monday 10-11am Shook Fellowship Hall

Designed for ALL fitness levels to increase strength, flexibility and balance. Seated in a chair or standing with chair support. Feel free to bring light hand weights (We have some 2lbs- 5lbs.) **\$20 drop-in or 1 class pass**

MEDITATION

Monday 11:15am Shook Fellowship Hall

Join a 30-minute mindfulness session featuring a new teaching point or practice each week. Experience breathing exercises, guided meditation, and the calming sounds of crystal bowls, chimes, and gongs. **FREE!**

TAI CHI Shook Fellowship Hall

Mon. Noon-1pm/Fri. 10-11am (outside if weather permits) With Certified Instructor Reuben Fernandez, this class is recommended for those interested in improving their overall health and wellbeing with easy-to-follow exercises and breathing techniques. Excellent for brain health and balance. **\$20 drop-in or 1 class pass**

PILATES SCULPT 2nd floor Tues/Thurs 9-9:50am (accessible via stairs only)

Traditional Pilates exercises imagined into a fun, challenging workout to upbeat music. Encourage your body to burn calories, while getting stronger and more flexible. **\$20 drop-in or 1 class pass.**

QIGONG Shook Fellowship Hall Tuesday 10-11am (outside if weather permits)

Taught by experienced instructor Sandi Love, Qigong is an ancient healing art designed to improve your mental and physical wellbeing. Its gentle moves can benefit those who play sports and/or who suffer with hip, back or other chronic pain. **\$20 drop-in or 1 class pass**

YOGA 2nd floor **NEW Tuesdays 10-11am and**

Tues/Thurs 11:15am-12:15pm (accessible via stairs only) Feel Good Yoga & Massage owner, Debby DeBile, leads a gentle yoga practice for all levels that blends stretches, slow movements, and mindful breathing. This class releases tension, improves flexibility, and helps you feel good from the inside out! **\$20 drop-in or 1 class pass**

Mah Jongg Shook Fellowship Hall

Tuesday 1-3pm

Join our exclusive weekly Mah Jongg game, where you'll enjoy prearranged seating, complete set-ups, and light refreshments. We foster a relaxed, non-competitive atmosphere, to connect with fellow players. **\$15**

CHAIR YOGA

Shook Fellowship Hall

Thursdays 10-10:45am

Seated Yoga led by Feel Good Yoga owner, Debby DeBile. **\$20 drop-in or 1 class pass**

New! Zumba! 2nd Floor (accessible via stairs only)

Wednesdays 11-11:45am

Suzy Brenner teaches this popular certified Zumba class. Boost your cardio health, improve your energy, and have a blast! No dance experience needed—just bring your smile and get ready to move, laugh, and feel fantastic! **\$20 drop-in or 1 class pass**

FREE Tech Time!

2nd Thursday each month



Walk-in technology clinic courtesy of Celia Moore, owner of Technology Solutions. Bring your cellphone, tablet, laptop and questions.

No appointment needed!

FREE BRAIN GAMES

Every month 3rd



Thursday, 2-3pm
Join Sylvia Day for an engaging hour...This class is loads of FUN!!!

FREE SOUND BATH

Guided healing with crystal bowls, chimes, gong and more! Check calendar for details

Nordic Walking 3-Class Series

Mondays- Check Calendar for details

\$20 or 1 class pass each week

Space is limited—reserve your spot!

Learn and enjoy the cardiovascular benefits of Nordic Walking. This 3-session beginner class will cover proper walking technique, how to select the correct poles and will culminate in a series of local walks. Taught by certified instructor Sam D. **rsvp 1 week prior** More info: AmericanNordicWalking.com

FREE WALKING CLUB meets Friday 9am for a 1 hour walk around LBK. Poles not required.

Juvent Health FREE Available Monday-Friday 10am-2:30pm Stand on one of our Juvent platforms to increase your range of motion and improve your balance, stability and bone density. Reservations are NOT required. Suggested donation \$5 per use. Learn more at www.Juvent.com

