

WINTER 2018

MOVEMENT CLASSES & CREATIVE WELLNESS WORKSHOPS

January 8 - May 25, 2018

JOE'S MOVEMENT EMPORIUM

3309 Bunker Hill Road, Mt. Rainier, MD 20712

www.joesmovement.org

301-699-1919

neena@joesmovement.org

WEEKLY CLASSES - ADULTS

MONDAY

6:30 - 8 pm Vinyasa Yoga with Pauline Dunn

6:30 - 7:30 pm Pilates with Tyecia Powell

TUESDAY

7:30 - 8:30 pm Hip Hop Dance with Kendra Johnson

8:30 - 9:30 pm Reggae Moves with Erica Rae

WEDNESDAY

11:30 am - 12:30 pm Gentle Yoga with Brooke Kidd

7 - 8 pm pm Salsa with Chivonnie Gius

THURSDAY

6 - 7 pm Inferno Pilates with Tyecia Powell

7 - 8 pm Tai Chi with Normon Greene

SATURDAY

9:30 - 11:00 am Vinyasa Yoga with Brooke Kidd

SUNDAY

5 - 6:30 pm Vinyasa Yoga with Hermione Rhones

Unless otherwise noted, all classes are \$13 to drop-in, or purchase a 10-class pass for \$110 and try them all!

Discover other classes instructed by Artist Partners such as Smooth and Ez Hand Dance, Sacred Hips Belly Dance, Upspring Aerial Dance and more on our website:

www.joesmovement.org/adult_classes

CLASS DESCRIPTIONS

Vinyasa Yoga: Nurture the harmony of mind and body - work with alignment & awareness, deep stretching & relaxation for a revitalizing experience.

Gentle Yoga: Similar to above - excellent class for beginners to yoga, those with limited mobility or recently recovering from an injury.

Pilates: Pilates meets circuit training in this intense, low impact, interval-training, workout.

Hip Hop Dance: Dancers will explore hip hop and street jazz movement along with various street styles at a challenging, yet suitable pace.

Reggae Moves: Join us for a celebration of Caribbean dance & music with a mash of old school dance hall styles and new moves that will have you sweating!

Salsa: Learn one of the hottest dance styles to come out of Latin America! No partner needed!

Tai Chi: Take it slow and enjoy the movement through the study of Tai Chi Chun long form.

WORKSHOPS

MEMOIR WRITING (5-week session)

WEDNESDAYS: 6:30 - 8:30 pm

or

THURSDAYS: 10 am - 12 noon

Capture the memories you want to preserve for yourself and your family in this new memoir-writing class at Joe's. Led by storyteller Cathy Smith, the class will be a safe space for you to share your writing, whether you do it for fun or to publish.

\$80 for 5 week session. Open to all ages.

10 - Class Pass:

Adults \$110

Seniors \$80

Joe's 10-class pass is an affordable, easy way to ensure you move more at Joe's! Whether you attend one class regularly or try them all, the Joe's 10-class pass is a great deal (only \$11 per class!).

Drop - In:

Adult Drop - In: \$13

Senior Drop - In: \$10

Afraid of commitment? Try any of Joe's classes at our drop-in rate of \$13 per class.

REGISTRATION AND MORE INFORMATION ONLINE AT:

www.joesmovement.org/adult_classes

WINTER 2018

MOVEMENT CLASSES & CREATIVE WELLNESS WORKSHOPS

January 8 - May 25, 2018

WEEKLY CLASSES - YOUTH

MONDAY

10:30 am - 12 noon Movement Playdate
(crawlers & up)

TUESDAY

10 - 10:45 am Toddler Yoga (2 - 5)
11 - 11:45 am Baby Yoga (1 and under)

WEDNESDAY

10:30 - 11:30 am Creative Movers (crawlers & up)

SATURDAY

11:15 am - 12 pm Leap, Jump & Jam! (3 - 5)
12 - 1:45 pm Move & Groove (6 - 9)

All classes are \$10 to drop-in, or purchase a youth 10-class pass for \$80 and try them all!

CLASS DESCRIPTIONS

Movement Playdate: Explore physical expression in an open dance studio with guided activities and exciting props to create a world of sensory exploration for toddlers and their accompanying adults.

Creative Movers: Active children will love to move in a class that integrates creative play, storytelling, dance basics, and music.

Toddler Yoga: Circle time, songs, modified yoga poses for adults and their little ones, and time for relaxation. Caregivers participate fully in class, so both grown-ups and littles should come in clothes that are easy to move in and be prepared to have bare feet.

Baby Yoga: This mindful movement practice is appropriate for little ones ages 6 weeks-not-quite-crawling with their primary caregivers. Caregivers learn how to gently move their babies into postures to promote digestion, sleep, and an awareness of their wee bodies.

Leap, Jump & Jam! A creative movement class for new dancers ages 3-5. Dancers will be introduced to the fundamentals of dance through fun movement games and exercises.

Move & Groove: A jazz and hip hop movement class for dancers ages 6 - 9. Dancers will be introduced to the basis of hip hop and jazz through fun and challenging exercises.

We encourage you to check us out online at
www.joesmovement.org/youth_classes

Classes subject to change/cancellation.

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