



Balanced Body Solutions

~ November 2019 ~

~ Movement Class Schedule ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00am: Gentle Flow Yoga	10:00am: Cardio Strength & Balance	10:00am: Pilates for All	10:00am: Gentle Yoga	10:00am: Mat Pilates (with Props)
1:30pm: Tai Chi (6 week Session)		11:15am: Cardio Dance Express (Chair Available)	11:15am: Roll, Release, & Recover	11:15am: Pilates For All Express
4:30pm: Flow and Chill	6:45pm: Gentle Flow Yoga		6:45pm: Yin Yoga by Candle Light	

~ Movement Class Description ~

Cardio Strength and Balance (60min) begins with rhythmic, fun cardio moves...mixes in some strength training sure to leave you "feeling the burn"...and finishes with balance and light stretches. All of this in only one hour!

Cardio Dance Express (Chair Available, 45min) will make you break a sweat and have fun! Angie's enthusiastic teaching style is totally contagious. This class is a great opportunity to work on your cardiovascular fitness, have some fun, and listen to some great tunes!

Roll, Release, & Recover (60min) instructs on how to relieve your tight and sore muscles by using a foam roller and other props. This class also focuses on helping your muscles relax and lengthen by spending a little more time in each pose. This extra time allows you to become more aware, mindful and responsive to your body's specific needs.

Flow and Chill (70min) warms up with a gentle flow and then spends some time in restful poses to finish the class. This is a great way to get your Mondays off to a great start!

Gentle Yoga / Gentle Flow Yoga (60-70min) is a restful, calming class including breathing, gentle flowing movements, passive and supported poses. We have lots of yoga props to meet you where you are in your practice... appropriate for beginning to intermediate students.

Pilates for All (45min) focuses on our posture, core strength and balance! Come see how to modify traditional Pilates exercises to accommodate ALL bodies! This is a great alternative for traditional equipment Pilates exercises that include movements that can be detrimental to specific types of spinal issues (stenosis, scoliosis, spondylolisthesis, arthritis, osteoporosis, etc). Pilates for All is an hour...the Express class is 45 minutes.

Yin Yoga (70min) focuses on longer holds in passive poses. This practice affects fascia, bones and ligaments. Poses held for 2-6 minutes. Most are floor based. We have plenty of props to meet you where you are in your yoga practice.

Tai Chi (60min) offers a complete health and fitness exercise as well as an opportunity for "moving meditation". Gentle flowing movements stretch and strengthen muscles and tendons, while not stressing the body. It can also increase balance, flexibility, coordination, and overall relaxation of the mind. We are offering a set of 6 Tai Chi classes beginning Monday, Sept. 9th from 1:30-2:30 pm. This group of classes are FREE to BBS Members and \$90 for the community. Please note that due to the nature of Tai Chi, you are asked to commit to attend all 6 classes or wait for the next set of classes to begin.

~Movement Class Instructors~

Christy Gempfert: Christy is the founder, CEO, and #GirlBoss of Balanced Body Solutions, LLC. She has worked in Health and Fitness in the Charlotte area with the YMCA for over 3 decades and is coordinating the Older, Wiser, Living Strong (OWLS) program for the Lake Norman YMCA (The OWLS program reaches over 200 actively aging adults each week through multiple classes hosted in the community). Christy has been a Licensed Massage Therapist (LMBT) for 14+ years, a Registered Yoga Teacher (RYT-200), and a Comprehensively trained Pilates Professional that has provided private Pilates instruction at many local studios. She is committed to helping BBS members consistently improve their quality of life through a balance of learning, breathing, movement and touch...especially actively aging adults. Through the incremental benefits of consistently practicing these techniques, Christy has helped her members overcome physical challenges, increase strength and flexibility, and relieve pain. She balances her own life as the proud Mom of her son, Chris, who is graduating from Brevard College this semester.

Erica Catherman: Erica is a 200 hour Registered Yoga Teacher, an experienced Group Fitness Instructor, and accomplished author. Her yoga practice began about 13 years ago when a friend convinced her to take a class and she has been practicing ever since. Vinyasa flow, Deep Stretch and AAA yoga (Actively Aging Adults) are her favorite classes to teach. Erica lives in the Lake Norman area with her husband, their two boys and two big dogs.

Angie Simmons: Angie has been teaching Group Exercise for well over a decade. She's certified with AFAA and teaches Cardio, Strength, Stretch, Pound and her favorite...Cardio Dance! She loves helping people get healthy by making exercise fun. Angie lives in Davidson, with her husband (of 25+ years) Chris, and she's the proud Mama of Peter (sophomore at NC State), Anna (rising freshman at UNC Chapel Hill) and Michelle (their rescue dog).

Janet Ceraldi: Janet is a 200 hour Registered Yoga Teacher and is completing her Comprehensive Pilates Certification. She has taught at many Charlotte area studios over the last decade, including the Keith Family YMCA and the Lake Norman YMCA. She is also a Registered Occupational Therapist (for over 35 years) and has worked at Skilled Nursing Facilities since 2003. Janet loves the connections she made within the Cornelius community since moving here with her family in 2011.

Laurie Walker: Laurie is a long-time yoga practitioner that holds certifications in Integral, Subtle and Vini yoga styles. She spends her time focused on enhancing the vitality and wellbeing of Actively Aging Adults through teaching her yoga practice and as a board member of the Davidson Village Network (a non-profit that strives to empower, support, and connect the local community of Actively Aging Adults). She calls Cornelius her home where she lives with her Mom, husband, and four rescue dogs. In her spare time, she loves growing lots of flowers and vegetables.

Leane Turner: Leane is a 200 hour Registered Yoga Teacher. After over thirty years as an active participant in numerous athletic activities and classes, Leane took it to the other side of the mat and became a certified yoga instructor in the Spring of 2019. She fully embraces opportunities to engage folks in healthy, active lifestyles in caring community with each other. Leane and her husband (of over 25 years) have three young adult children all born and raised in Davidson.

Joe Higgins: Joe has been teaching in the Charlotte & Lake Norman area since 2005. His classes emphasize Yang style 24 & 37 forms. Qi gong sets include Shibashi 1 & 2, Eight Pieces of Brocade and 24 Posture Therapeutic Qi gong. Joe is passionate about teaching people forms that they can continue practicing with a group or on their own...so that they can extend their healthy years and enjoy a better quality of life.