



# Balanced Body Solutions

~March 2023~

## ~Movement Class Schedule~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				9:00am: Full Body Strength
	9:30am: Cardio Sculpt (U)		9:30am: Cardio Sculpt (L)	
10:00am: Mix & Match		10:00am: Pilates		10:00am: Gentle Yoga
	10:30am: Lower Body Strngth		10:30am: Upper Body Strngth	
11:00am: Cardio Dance	11:30am: Core Strngth & Balance	11:00am: Chair Yoga	11:30am: Line Dance	11:00am: Mix & Match
	3:00pm: Pilates RX			3:00pm: Pilates RX
5:30pm: Yoga Flow	5:30pm: Pilates	5:30pm: Deep Stretch		

**Cardio Dance (45min)** exercise class with fun music. No dance experience required!

**Cardio Sculpt (45min)** offers rhythmic, heart pumping movement to music with an (U) Upper-body or (L) Lower-body focus.

**Chair Yoga (45min)** This class uses a chair to help you find the best yoga practice for your body.

**Core Strength & Balance (45min)** focuses on balance training and building strength in the core standing, seated and on the mat.

**Deep Stretch (45min)** focuses on longer holds in passive poses. This practice affects fascia, bones, and ligaments. Most poses are floor based. We have plenty of props to meet you where you are in your yoga practice.

**Full Body Strength (45min)** combines upper and lower body strength movements, working your entire body from head to toe!

**Gentle Yoga (45min)** is an all-levels basic yoga class.

**Line Dance (45min)** will teach the basics of line dancing. No experience required! We'll dance to popular music, as well as country music.

**Mix & Match (45min)** offers a little bit of everything...rhythmic cardiovascular warm-up, strength training, balance, and mobility work.

**Pilates (45min)** for all levels...with props.

**Pilates RX (45min)** Join Christy in our Pilates studio to work on any physical injuries you have by learning ways to heal through proper movement. (Class size limited to 4)

**Yoga Flow (45min)** poses practiced with flow.

## *~Movement Class Instructors~*

**Christy Gepfert:** 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. 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.

**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).

**Cynthia Burton:** Cynthia has lived in Cornelius for about 30 years and has three sons (28, 25 and 23 years of age). She's a graduate of the University of North Carolina at Chapel Hill with a B.S. in Dental Hygiene...and a die-hard TARHEEL fan! Cynthia teaches fitness at the Lake Norman YMCA (for almost 30 years) and at Bailey's Glen. She has been certified as an instructor through the American Council of Exercise since 1990, and through the Silver Sneakers program. Fitness has been a life-long passion, because of the joy and fulfillment she gets from helping the people that she works with in her classes.

**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.

**Emma Chapman:** Emma is a certified Revelation Wellness Instructor. She began teaching classes at a local park in the Fall of 2020 and then at the YMCA & Bailey's Glen in the Summer of 2022. Emma brings encouragement, enthusiasm, and passion into everything she does and is grateful for the gift of community and finds it truly rewarding to help those in her classes to reach their fitness goals. She enjoys music, dancing, hiking, and having a "cuppa" with friends in Cornelius, where she lives with her husband, Ben, and Chai, their cat.