

Integrative Health and Wellness

Community Health and Fitness Program

The Community Health and Fitness Program at CORE El Centro is dedicated to providing movement classes to support the mind, body and spirit. Unlimited monthly classes are available on a sliding fee scale of \$10 ~ \$35/month, based on demonstrated household income.

The first class is free!



Current Class Descriptions

Classes for Adults

Adaptive Yoga Therapy for Cancer and Chronic Conditions - A guided yoga experience designed to honor the needs of each individual student exactly where they are in treatment and recovery in a safe and comfortable atmosphere.

Conscious Dance — Bring your body, mind, emotions, and Spirit to dance. Movements ride the wave of music and power, play, and expression to your whole being.

Creative Movement — Designed for adults with physical and/or mental disabilities, this class is full of playful movement.

Qi Gong—An ancient Chinese system of exercise that combines stretching movements with deep breathing and intentional mental focus.

WERQ—A hip hop cardio fitness class for people of levels of ability and dance experience.

Yoga— Stretching, strengthening, and relaxing meditation.

Zumba - A fusion of Latin and International music, this aerobic/fitness class motivates and at the same time tones and sculpts the body.

Children's Classes

Beginner ballet— Children will be introduced to some of the basic principles of terminology in ballet.






















Intermediate ballet— Builds on the basic steps and terminology of beginner ballet. For children who have had ballet classes.




Children's Capoeira—Brazilian Martial Arts/Dance. Capoeira is fun and great for conditioning. Ages 5 to 10 years.

Family Yoga—A class for all ages. Families will work together on yoga asana practice and flow. The practice will be spirited and lively with adaptations for varying ages and experience levels. A chance to connect with your family and the community through yoga.

FEBRUARY 2020

MOVEMENT CLASS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM				Gentle Yoga 8:15-9:15 AM	Qi Gong 8:30-9:30 AM	
8:45 AM						Ballet 8:45-9:15 AM (Ages 3-4) 
9:30 AM	Yoga 9:30-10:30 AM 	Conscious Dance 9:30-10:30 AM 	Yoga 9:30-10:30 AM 	Conscious Dance 9:30-10:30 AM 	Adaptive Yoga Therapy for Cancer and Chronic Conditions 9:45-11:00 AM	Ballet 9:30-10:15 AM (Ages 5 & up) 
10:30 AM			Creative Movement 10:30-11:30 AM 			
11:00 AM						
11:40 AM			Yoga 11:40-12:10 PM			Zumba 11:45-12:45 PM 
12:30 PM	Creative Movement 12:30-1:30 PM 					
4:15 PM		Ballet 4:15-4:45 PM (Ages 3-4) 				
5:15 PM	Zumba 5:30-6:30 PM 	Ballet 5:00-5:45 PM (Ages 5 & up) 			Zumba 5:30-6:30 PM 	
6:00 PM		Capoeira 6:00-6:45 PM 	Conscious Dance 5:30-6:30 AM 	Capoeira 6:00-6:45 PM 		Movement is Medicine Workshop 
6:45 PM		Family Yoga 7:00-8:00 pm 	Yoga 6:45-7:45 PM 	WERQ 7:00-8:00 pm 	Yoga in Spanish 6:45-7:45 PM 	7:00-9:00 PM February 8th only

 Childcare available during these classes (Ages 3 & up)
 Children's Class
 Class for individuals with special needs

Special Events and Closings
 February 8 Movement is Medicine
 Workshop 7:00-9:00 PM
 Winter Weather Policy: When Milwaukee Public
 Schools are closed due to the Winter Weather
 CORE/El Centro will be closed as well.

