

WELLNESS NEWS

May and June 2019

Yoga at the Wellness Center

"Yoga is for every BODY"



Please Welcome Tom Kennedy to our staff!

Tom has been practicing Yoga for 9 years and was certified in 2013 at Indigo Yoga. He is also certified in Paddleboard Yoga and Yoga for First Responders. He served on the QC Technical Team and recently and recently retired as a Moline Fire Department Lieutenant and Commander. You may know him from teaching yoga at the Figge or at the Indigo Wellness Studios.

Join Tom for Breath-Centered Yoga on Tuesdays and Thursdays at 5:15 PM

Yoga will meet on the Lawn starting in May - Weather Permitting.

Aqua Fitness 2019

Fitness Lap Swim

Monday and Wednesdays
at 6:15 AM

30 Minute water workout to improve swimming technique, including swim drills and strength building in the pool.



Outing Club Aqua Fit

Monday and Wednesdays
at 11:15 AM

30 minute low impact workout to include strength, cardio and yoga in the pool.

Paddleboard Yoga in the pool - coming soon!