



Balanced Body Solutions

~January 2021~

~Movement Class Schedule~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00am:A: Cardio Strength	8:45am:B: Early Bird Yoga	9:00am:A: Dancing w/ Stars	8:45am:BC: In/Out Circuit
10:00am:A: DS Combo		10:00am:A: GentleFlow Yoga	10:00am:B: Stretch & Strength	10:00am:A: DS Combo
11:00am:A: DS Combo	11:00am:C: Outdoor Circuit	11:00am:B: DS Combo	11:00am:C: Outdoor Circuit	11:00am:B: Gentle Yoga
			11:30am:B: Line Dance	
5:30pm:A: Gentle Flow Yoga	5:30pm:A: Pilates	4:30pm:B: Gentle Yoga	5:30pm:A: Yin Yoga	

Cardio Strength (45min) begins with rhythmic, fun cardio moves... and finishes with strength training sure to leave you "feeling the burn". All of this in only 45 minutes!

Dancing with the Stars (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 have some fun and listen to some great tunes!

Stretch & Strength (45min) focuses on posture, core strength and balance! Come see how to modify traditional Pilates exercises to accommodate ALL bodies!

DS Combo (45min) This class offers a little bit of everything - cardio warm up, strength training, balance/mobility work.

Gentle Flow Yoga (55min) is a restful, calming class including breathing, gentle flowing movements, passive and supported poses. Various yoga props are available...class is appropriate for beginning to intermediate students.

Gentle Yoga (45min) This Is an all levels Yoga class.

Indoor/Outdoor Circuit (45min) Cardio and strength stations. Plenty of time to sanitize hands in between stations.

Yin Yoga (55min) 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.

~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.

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.

Deb Y & Leane Turner: Returning Soon.

~Class Designations~

A: All at the Same Table: Class of 10 Members, or less, held in the 1,500 sqft private space...for Member's directed by a health care professional to use an indoor facility, under your current plan of care. Members must continue to follow guidelines for hand sanitizing, respiratory hygiene, and physical distancing. Masks are not required while in the private space.

B: Bring Your Own Mask: Class of 10 Members, or less, held in the 1,500 sq ft private space. For Member's directed by a health care professional to use an indoor facility, under your current plan of care. Members must continue to follow guidelines for hand sanitizing, respiratory hygiene, and physical distancing. Masks are required while in the private space. You may remove your mask ONLY while in your designated spot while class is in session.

C: Call of the Wild: Outdoor classes with 25 or fewer in attendance. Participants must continue to follow guidelines for hand sanitizing, respiratory hygiene, and physical distancing. Masks are not required while maintaining physical distance.

D: Don't Take it Off: Class of 10 Members, or less, held in the 1,500 sq ft private space. For Member's directed by a health care professional to use an indoor facility, under your current plan of care. Members must continue to follow guidelines for hand sanitizing, respiratory hygiene, and physical distancing. Masks are required while in the private space.