



## Yoga

Yoga is devoted to the development of strength, stamina, flexibility, balance, focus and meditation with each person's body and needs in mind. Bring your own yoga mat, two blocks and a strap. Classes are taught by The Yoga Teachers' Group, Inc. Please wear comfortable clothing and bring a water bottle.

**AGES:** 13 and older

**\$59 (NO CLASS 9/7) 6 CLASSES**

**IOWA COMMUNITY CENTER**

FTN04-23 M 6-7 pm Sep 28-Nov 2

FTN04-24 M 6-7 pm Nov 9-Dec 14

## Yoga in the Park

There are so many benefits of yoga no matter how strong or flexible you are. Join certified instructor Kimberly LaBounty for a Vinyasa Flow class. Kimberly teaches to all levels and will adapt the class accordingly. You'll leave feeling stronger, calmer and more balanced! To learn more about Kimberly, visit [www.kimberlylabounty.yoga](http://www.kimberlylabounty.yoga). Bring some water and your yoga mat. Please wear comfortable clothing. This class will be held outside. In case of inclement weather, class may be moved to the Iowa Community Center.

**AGES:** 13 and older (13-17 w/adult 21 and older)

**\$44 5 CLASSES**

**CORTESI VETERANS MEMORIAL PARK**

FTN22-20 W 7-8 pm Sep 16-Oct 14

## Adult Leagues Fall 2020

Adult leagues are limited to participants 18 and older. To register, complete the team registration form available at the Iowa Community Center or online at [www.invillapark.com](http://www.invillapark.com).



### Women's Volleyball Fall Program

Reserve the gym at the Iowa Community Center for one hour for your adult women's volleyball team on Thursdays (limited to 20 participants.) Intra-Team Scrimmages are allowed. First Come, first served to reserve the volleyball court at the Iowa Community Center. Participants and spectators must follow COVID19 Participation Protocols for Indoor Programs. Call 630-834-8970 for more information.

**\$25 PER HOUR (NO VOLLEYBALL 11/26)**

Th	6-7 pm	Sep 10-Dec 17
Th	7-8 pm	Sep 10- Dec 17
Th	8-9 pm	Sep 10- Dec 17
Th	9-10 pm	Sep 10- Dec 17



### Singles Open Pickleball

Pickleball, a game that combines elements of tennis, badminton and ping pong is sweeping the country. Pickleball players use paddles and whiffle balls to play on a badminton-sized court with a slightly modified tennis net. This low-impact sport is easier on the knees and shoulders than tennis, as it does not involve as much running or arm strength. Pickleball is one of the fastest growing adult sports in the nation. Bring your own equipment or use the equipment provided.

**\$4 DROP-IN FEE**

W 6:45-9:15 pm

W 7:45-9:45 pm

**\$30 TEN (10) PUNCH PASS**

Aug 26-Oct 28, 2020

Nov 4, 2020-Mar 31, 2021

