

Ramsey Parks & Recreation

March and April 2019 Program Sampler

Want to learn more about current offerings?
Visit: CityofRamsey.com/ParkEvents



Vinyasa Yoga Flow

Mondays, March 4 - April 29, 12:05 - 12:50 pm, City Hall

It's Barbara's goal to introduce yoga in a safe, non-competitive, judgment-free way. Barbara will guide a Vinyasa style of yoga that focuses on breath and movement. All levels welcome.



Yin Yoga

Tuesdays, March 5 - April 23, 8:45 - 9:40 pm, Park Center Building

Guided Yin style of yoga that is a slow-paced style with postures, or asanas, that are held for longer periods of time. Practicing by candlelight provides a calming environment. All levels are welcome.



Candlelight Yoga

Thursdays, March 7 - April 25, 8:45 - 9:40 pm, City Hall

Guided Vinyasa style of yoga that focuses on breath and movement. Practicing by candlelight will allow you to wind down in a calming environment. All levels are welcome, as modifications will be offered.



Qigong Meditation

Thursdays, March 4 - December 30, 10:30 - 11:30 am, City Hall

Qigong meditation is an effective healing method. Through gentle moving and sitting meditations you can gain relief from pain, sickness, depression, and anxiety.



Zumba

Sundays, March 17 - May 5, 6:00 - 7:00 pm, Adrenaline Sports

Zumba is a dance group-fitness class that is fun, energetic, and effective. This class features interval aerobic training and exercises to sculpt and tone your body as you dance. Class is \$5 per class.



Salsa Dance Workshop

Saturday, March 30, 11:00 am - 1:00 pm, Jumpn Gymnastics

Learn fun basic patterns and partnership connection in the "vibrant" Salsa. This sample class is for everyone. Couples dance with their partners and singles rotate with each other. Fee is \$20.



Social Dance Workshop

Wednesday, April 24, 6:30 - 8:30 pm, Jumpn Gymnastics

Sample a variety of dances: The swing, the popular social dance FoxTrot, and the slow dance. Dancers of all experience levels welcome. No partner needed. Fee is \$20.



The Ramsey Senior Art Club

Thursday, March 28 & April 25, 1:00 - 2:30 pm, Fire Station One

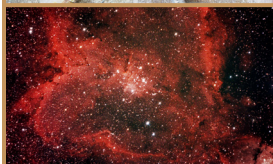
Join the Ramsey Senior club in March for Acrylic Painting on Canvas and in April for a Hand-Built pottery class. Fee is \$5 however if you bring a friend they get in free of charge!



Free Family Art Day

Saturday, March 17 & April 17, 12:00 - 1:30 pm, Rum River Arts

Looking for a fun family outing? Join us for our Free Family Art Day! Rum River Arts offers a free art class for the whole family (ages 4 and up). Register at RumRiverArt.com.



Starwatch Party

Wednesday, April 10, 8:00 - 10:00 pm, Elmcrest Park

Use large reflecting telescopes, including two giant twenty inch wide reflector telescopes for close up views of the moon, star clusters, nebulae, galaxies and other wonders in our early spring skies. Fee is \$10.