

MEMBERSHIP RATES

Resident/Non-Resident

Adult ages 16-49

Daily.....\$3.00/\$5.00
Monthly.....\$13.00/\$26.00
Yearly.....\$100/\$200

Senior ages 50+

Daily.....\$2.00/\$3.00
Monthly.....\$10.00/\$20.00
Yearly.....\$75/\$150

Family Rates (up to 4 people)

Monthly.....\$30.00/\$60.00
Yearly.....\$300/\$600

Family is defined as a married couple living in the same household with tax dependent children under the ages of 21.

We also accept:



RenewActive™
by UnitedHealthcare



Highland Recreation Center WHAT YOU CAN EXPECT

- Friendly & helpful staff
- Top of the line equipment
- Clean environment
- Motivating atmosphere



GROUP EXERCISE

Highland Recreation Center offers several group exercise classes ranging from Cycle, Total Body, Yoga, Low Impact, and Tai-Chi.



For a schedule of all group exercise classes, visit us online at:
www.hickorync.gov/recreation-and-sports-tourism

*All fitness levels.
All abilities.
Something for everyone.
Prices as of 2/21/2021*

HIGHLAND RECREATION CENTER

1451 8th St Dr NE, Hickory, NC 28601 (828) 328-3997

Due to COVID-19 restrictions, Highland Recreation Center is currently asking for pre-registration for yoga classes. The in-person class limit is 15 students. To pre-register online for the Balance Your Life Yoga classes, [click here](#). If there are spaces available, you can sign up at class.

Frequently Asked Questions:

◆ Do yoga classes at Highland Rec cost extra?

Because the Balance Your Life Yoga classes at the Highland Rec are contracted, there is a \$5 cost for each class. In-person classes are paid at the class, while online classes are paid through the Balance Your Life Yoga website at

<https://www.balanceyourlifeyoga.com/book-online> .

Thank you so much for supporting local small business!

◆ Do I have to be a member of the Highland Rec center to attend Balance Your Life Yoga classes?

No, you do not have to be a member of the Highland Rec Center to attend the Balance Your Life Yoga classes! But you might consider it, because it is very reasonable! A brochure with day pass/monthly/yearly membership is [here \(online\)](#) or on the back of this page.

◆ Do I need to bring props to class?

During these times of COVID-19, it is highly recommended to bring your own mat and props (strap, blocks, blankets,) but there will be some sanitized equipment available for community use. There are sanitizing wipes and spray available for use before and after class.

◆ What if I am a beginner, or have not practiced yoga for long?

Cynthia's classes are all designed so that a person new to yoga can have a successful practice. Modifications are offered throughout the class to increase or decrease strength, balance and flexibility. It is always a good idea to let the instructor know you are a beginner.

◆ What if I have an injury?

Check with your doctor prior to attending class for advice on which poses to avoid or modify. If your doctor gives you the okay to attend classes, it is always a good idea to inform the yoga instructor of your injury before class begins. Modifications can be suggested throughout the class for your particular type of injury so that you can have a successful practice.

◆ What if I am pregnant?

Check with your doctor prior to attending class for advice on which poses to avoid or modify. If your doctor gives you the okay to attend, yoga can be practiced throughout the pregnancy with modifications. It is always a good idea to inform the yoga instructor of your pregnancy and how far along you are in the pregnancy before class begins. Modifications can be suggested throughout the class so that you can have a successful practice. Some mommies have come and just relaxed in a supported savasana throughout the class as their practice!

◆ Other questions? Contact me!

- Email: cynthia@balanceyourlifeyoga.com
- Phone: 828.295.2319