

# Holistic Education Center Fitness Classes - July 2010






12 Murphy Drive Nashua, NH 03062

603-883-1490


www.thehscenter.com

All 1 hour class fees: \$12, Gold and Synergistic Health Plan Members \$10 per person per class.

We are closed Thursday, July 1st to Wednesday, July 7th

<p>Tuesday's 5:30 pm begins on July 13th</p>		<p>Gentle Yoga Class</p>	<p>This yoga class will include a series of stretches, postures, breathing techniques, and meditation to increase flexibility, reduce stress, and increase one's well being. This class is open to all levels.</p>	<p>Sandy Powers</p>
<p>Tuesday's 6:30pm begins on July 13th</p>		<p>ZUMBA</p>	<p>ZUMBA combines high energy Latin and International music with unique moves and combinations that allow you to dance away your worries. ZUMBA is not only great for the body, but is also great for the mind. Best shoes to wear are court shoes or "aerobic" shoes. Wear shoes that do not have a lot of tread at the bottom and are meant for medial/lateral/twisting motion.</p>	<p>Brenda Nadolny</p>
<p>Wednesday's <b>45 Minute</b> Lunch Class 1:00 pm</p>		<p>Tai Chi Qigong</p>	<p>Tai Chi movements consist of graceful slow moving movements designed to increase balance, strength, coordination and flexibility in the body. Movements with the proper breathing control help to increase circulation, bringing oxygen rich blood to all parts of the body. Practicing Tai Chi helps the body to regain its natural balance. Increasing strength, flexibility and balance will help with the body to shed unwanted weight. Tai Chi has been practice by thousands of people, for hundreds of years with proved benefits. Fee \$10 drop in, GM &amp; SHP \$8</p>	<p>Theresa Bielby</p>
<p>Saturday's 9:00 am</p>		<p>Tai Chi Qigong</p>	<p>Tai Chi Qigong is an ancient form of meditation and body movement. It is comprised of gentle movement, breath work, meditation-visualization and self-massage. It purifies, cleanses and helps eliminate toxins from the body to boost your immune function. It promotes an overall sense of well-being and health by entering a healing meditative state. It will also increase body awareness, balance and coordination. With time and practice you will begin to feel centered.</p>	<p>Susan Flanagan</p>
<p>Saturday's 10:00 am begins on July 10th</p>		<p>ZUMBA</p>	<p><b>Join us on July 10th for a FREE class. Brenda will be having a party and celebrating the beginning of our summer ZUMBA classes!!!!</b> ZUMBA combines high energy Latin and International music with unique moves and combinations that allow you to dance away your worries. ZUMBA is not only great for the body, but is also great for the mind. Best shoes to wear court shoes or "aerobic" shoes. Wear shoes that do not have a lot of tread at the bottom and are meant for medial/lateral/twisting motion.</p>	<p>Brenda Nadolny</p>

Please see website for any schedule changes or call the center for updates on the fitness classes.

<p>Saturday's 12:00 pm</p>		<p>Belly Dancing</p>	<p>The fine art of Belly Dancing will be taught at the beginner level. The techniques will slowly move body parts in circles and teach the flow involved. It will warm up your body and make you smile. Nancy has been active in the community for many years attending festivals and private events.</p>	<p>Nancy Frye aka Zahira Zuhra, Belly Dancing Extraordinaire</p>
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