

August 2010

SPECIAL ACTIVITIES

Special Class: August 25, 2010, 6:30pm

Megan Rose will be leading a special Nia movement class for HCHL on Wednesday August 25. Nia is a full body and soul dance exercise. No dance experience necessary.

Acupuncture: Wednesdays ongoing
Call the office for details

CSA Pick-Up: Thursdays 4:30-7pm @ Triangle Building

CSA Farm Visit: Join the New Song CSA on a road trip to visit our farmer Claudio Gonzalez in Middletown, NY. See how your veggies are grown!

Saturday Yoga Series: 9:30am @ Rosa Building with Bernadette,

Come join us for our Saturday yoga series and experience the benefits of an additional class that is sure to give a boost to your weekend.

Saturday Yoga with Bernadette: Bernadette is an experienced yoga teacher who will inspire and lay the foundation of proper alignment and technique in preparation for the next level.

Yoga Level 1: is a 45-minute class for beginners as well as experienced students emphasizes the deeply relaxing and healing dimensions of yoga in a non-competitive, safe and supportive environment. We will practice traditional poses with a focus on proper alignment and breath to develop flexibility, balance and strength.

Yoga Level 2: builds on the foundations of experienced practitioners weaving more advanced postures together to create a smooth flowing motion of postures.

Yoga Open Level: Challenging/Level 1-2; Beginners welcome; modify and pause as necessary.

Yoga Level 3: Every 1st Monday starting in July!

Turn up your yoga practice a notch with Bernadette on the first Monday of each month!

Pilates: Developed in the 1920' s by Joseph Pilates, the Pilates Method is a unique exercise system focused on improving flexibility and strength, allowing the body to attain symmetry. Pilates is a series of controlled movements engaging both mind and body, promoting spinal flexibility, the body' s symbol of youth. The more flexible the spine remains, the more youthful the body.

Pilates Plus: Add a plus to your Pilates workout! Beginning in June, Friday's class will add stability ball and magic circle exercises that will take your workout to a new level!

Fridays: Total Body Conditioning and Cardio: Strengthen and tone your entire body with this awesome new class fit for all levels of experience.