

# September 2010

## SPECIAL ACTIVITIES

**Paint Yourself into the Picture Month at HCHL:** Learn what New Song Corporation is all about and how you can paint yourself into the picture. Harlem neighbors supporting Harlem activities.

**New Instructor! Wednesdays 7PM at ROSA:**

La Sharn Patt will be joining HCHL. She is a popular dance/cardio/total body instructor w/an enthusiastic following in Harlem. We are excited to have her on our HCHL team.

**No Fridays with Susie Q:**

Susie Q is on sabbatical but we look forward to keeping her close to the HCHL Family. Keep an eye out for special visits.

**Acupuncture:** Wednesdays ongoing

Call the office for details

**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 1<sup>st</sup> 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.