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RELEASE DATE: July 7, 2008

SUBJECT: Health and Wellness Classes

**SOURCE: William McDonald, Director of Community Education
866-0300, ext. 8251**

Herkimer, NY—Herkimer County Community College is accepting registrations for the following non-credit health and wellness classes.

Pilates is a unique system of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. The exercises strengthen and tone muscles, improve posture, provide flexibility and balance. Pilates was developed to create a healthy body, healthy mind and a healthy life for all ages. Section B is 6 sessions on Monday afternoons 12:15 to 1:00 pm. Classes begin July 14. Section D is 6 sessions on Thursday afternoons from 12:30 to 1:15pm. Classes begin July 17. The fee for each section is \$41.

Gentle Yoga features breathing exercises and stretches, relaxation and meditation, all of which assist in stress reduction and in the balancing of body, mind and spirit. Flexibility and strength, improved mental functioning, toning and detoxifying of internal organs and glands, and feelings of inner peace and joy are all benefits of yoga practice. The classes offer a gentle to moderate level of intensity. Participants should wear comfortable clothes that allow a wide range of movement and should bring a small pillow and a light blanket. Section B is 4 sessions on Thursday evenings from 6:15 – 7:45pm. Classes begin July 31. The fee is \$44.00.

Yoga for All offers the opportunity to increase freedom of movement, improve balance, enhance concentration, expand breathing and heighten calmness and relaxation. Look to bring about deep changes in energetic equilibrium. Classes are taught around the body as a whole, with safe and comfortable postures (asana) for all levels of students to reach a deeper physical potential. Practicing sensitive, yet challenging movements, offers effects so varied, comprehensive and far-reaching that it provides something for everyone. Bring a non-slip mat, towel and blanket. Beginner to Intermediate Section B is 4 sessions on Tuesday evenings from 6:15 to 7:45pm. Classes begin July 29. The fee is \$44.

Cardio-Sculpt is a weight-room style interval cardio-strength program. Basic non-dancy step, combined with basic kick-boxing and proven strength training moves and weights, mat, or stability ball- for beginners through advanced. Stability ball, water bottle and towel recommended, but not required. Section B is 5 sessions on Wednesday evenings from 5:30 – 6:30pm. Classes begin July 16. The fee is \$32.00.

Pre-registration is required and can be completed by calling (315) 866-0300, ext. 8251, Monday through Friday, 8:30 a.m. – 4 p.m.

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