







Holistic Education Center Fitness Classes - March 2010





12 Murphy Drive Nashua, NH 03062

603-883-1490

www.thehscenter.com

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

<p>Monday's beginning March 8th 5:30 pm</p>		<p>NIA</p>	<p>NIA is a blend of yoga, martial arts, and dance, and is one of the latest trends in mind-body fitness fusion. It blends the fluidity and focus of Tai Chi and yoga, along with the grace and spontaneity of modern dance, and the energy and explosiveness of martial arts. NIA will boost both your physical and emotional well-being. Laura is a certified NIA instructor.</p>	<p>Laura Selmer</p>
<p>Monday's 6:30 pm</p>		<p>Yoga Balance</p>	<p>Please join us for this balanced yoga class. This is class will bring you into balance as you perform various poses. Sandy is a certified Yoga instructor and has been practicing for many years.</p>	<p>Sandy Powers</p>
<p>Thursday's 9:30 am</p>		<p>Pilates</p>	<p>Improve muscular strength, endurance, flexibility, posture, and balance by making Pilates a regular part of your workout routine. Core strength and stabilization are central to Pilates; breathing is connected to movement and focus is on quality of movement rather than quantity. Join us for one or both classes each week and you'll find the physical activity will also give you a mental and emotional boost! Sue has been an active participant in fitness for 30+ years. She has been a Certified Fitness Instructor and Personal Trainer for over 10 years.</p>	<p>Sue Nierendorf</p>
<p>Tuesday's 6:00 pm Saturday's 10:00 am</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. Any old shoe where the bottom is worn out is good so that you can twist and move easily. Elizabeth is a certified Zumba and TurboKick instructor and she hopes to help you discover how fun fitness can be when you find the right workout.</p>	<p>Elizabeth Demeusy</p>
<p>Tuesday's 7:00 pm</p>		<p>Group Meditation</p>	<p>Meditation is known to have many health benefits. It lowers blood pressure, decreases anxiety, relieves muscle tension, rejuvenates the organs and much more. Meditation is a mental vacation that provides you with an oasis of silent, inner peace and an over all sense of well-being.</p>	<p>Various Instructors</p>
<p>Wednesday's 10:00 am Friday's 12:00 pm</p>		<p>Hatha Yoga</p>	<p>Please join us for either one or both of the Hatha Yoga sessions. Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind through physical poses, breathing techniques and meditation. The practice of Hatha Yoga can help you recognize your hidden physical and mental potentials. Through the continued performance of Asana, you will gain flexibility and strength, and learn to be more relaxed under otherwise stressful situations. Donna is a certified Hatha Yoga instructor.</p>	<p>Donna Murphy</p>

<p>Wednesday's Two 45 Minute Lunch Classes: 12:05 pm and 1:05 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. With today's life style people tend to be less physically active and are subject to all sorts of environmental toxins. These toxins have adverse affects on a person's overall health. 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 practiced by thousands of people, for hundreds of years with proven benefits. Teri Bielby is a certified Tai Chi Instructor.</p>	<p>Teri Bielby</p>
<p>Thursday's 5:00 pm</p>		<p>Turbo Kick</p>	<p>Get your groove on and burn up to 1,000 calories per hour! TurboKick® is a fusion of hip hop, dance and rock music with punching, kicking, martial arts forms... and maybe just a <i>little</i> booty shaking! TurboKick® uses interval training techniques – the most effective way to decrease your body fat. Get ready to rock your abs, glutes, thighs and arms with this workout! Elizabeth is a certified Zumba and TurboKick instructor and she hopes to help you discover how fun fitness can be when you find the right workout.</p>	<p>Elizabeth Demeusy</p>
<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>
<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>