

MARCH Healthy Happenings



@ Lourdes Wellness Center

Strength Training

Monday & Wednesdays
3/22 - 4/14; 4 - 4:45 pm 8 classes \$56
Instructor: Tina Bortner, BA, ACE
Increase your muscle mass to burn more calories in this group fitness series. All ages and levels of fitness are encouraged to participate.

Mat Pilates/Light Weights for 50Plus/Beginners

Wednesdays, 3/24 - 4/21
5 week series; 4:15 - 5 pm \$35
Instructor: Melanie Linton, BA, AAASI, ISMA
Strengthen your core for strength, support and muscle tone!

T'ai Chi Chih

Tuesdays, 3/9 - 4/27 \$56
8-week series; 7:30 - 8:30 pm
Instructor: Michelle Carlino, BA, RYT
T'ai Chi Chih's gentle movements release stress by relaxing and rejuvenating the body while refreshing the mind. Used as preparation for prayer, this body movement meditation gives one a greater sense of clarity and interior peace.

T'ai Chi Chuan

4:15 - 5:15 pm or 5:30 - 6:30 pm \$70/Drop In
10-week Series \$10
Thursdays, 2/25 - 4/29
Instructor: Morris L. Siegel, RN., M.A., CHy
T'ai Chi Chuan, an ancient Chinese martial art, consists of a series of slow, flowing, meditative movements that massage the internal organs. Perfect for all ages and any fitness level.

All Level Yoga

Mondays, 6-week series; 2/22 - 3/29; 5:30-7 pm \$77
Instructor: Barbara Moeller, MA, RYT
Come to explore classical yoga poses and sequenced posture flows.

Christian Yoga - Lenten Prayer

6-week series 2/25 - 4/8/10 \$77
(no class 4/1); 7:30 - 9 pm
Instructor: Barbara Moeller, MA, RYT
Christian Yoga is an honoring and a celebration of the body as the sacred tabernacle of God. This 6 week series is an experience in wholistic spirituality... an integration of body, mind and spirit.

Gentle Yoga

Mondays, 2/15 - 3/15/10 or 3/22 - 4/26/10 (no class 4/5/10)
5-week series \$35
11:15 am - 12:15 pm
Instructor: Melanie Linton, BA, AAASI, ISMA
Light movements especially designed for beginners or this with physical problems.

Basic Yoga

Tuesdays, 8-week series, 3/2 - 4/20/10 \$96
5:30 - 7 pm
Instructor: Michelle Carlino, BA, RYT
Yoga promotes relaxation, reduces stress, and calms anxiety. Wear loose, comfortable clothing and bring a towel/mat.

Yoga For Beginners

Mondays, 6-week series, 2/22 - 3/29/10 \$65
7:30 - 8:30 pm
Instructor: Barbara Moeller, MA, RYT
This "easy-does-it yoga" is bound to gently stretch, strengthen, and open your entire body from head to feet.

All Level Yoga

Tuesdays, 2/23 - 3/30/10 6-weeks \$77
10 - 11:30 am
Instructor: Barbara Moeller, MA, RYT
Come to explore classical yoga poses and sequenced posture flows.



Weight Loss with Hypnosis

with David Yaden, CHt
Monday, March 22
7-8:30 pm \$45

Learn the techniques to keep you motivated and stress-free as you lose weight. You will create a personalized plan and receive a group hypnosis session



Children with Social Challenges

with Linda Karanzalis, M.S.
Wednesday, March 17
6-8 pm \$30

A workshop to teach you to "coach" your child during the interactions toward social success!



Stress Management & Blood Pressure Screening

Wednesday, March 17
5:30-6:30 pm
FREE

Learn to cope with daily stressors to help maintain a healthy lifestyle.



LOURDES WELLNESS CENTER

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