



FITNESS NOI

Jan/Feb Class Schedule

8 Week Session Begins January 5th, 2015
\$80+HST/Session or \$12+HST/Class

Please Sign up at the Front Desk as Space is Limited!



MAT PILATES: MONDAYS AT 5:30PM with Jennifer Mulligan

This floor-based exercise program will teach you the foundation of the Stott Pilates repertoire. The focus will be on building core strength while moving the spine in all directions. We will help re-train proper muscle patterns while increasing your mind-body awareness with the use of your own body weight or small props.



MEDITATION FOR HEALING: MONDAYS AT 6:35PM with Jennifer Mulligan

This experience is truly unique in that you will learn to use your breath and awareness to connect to the healing power that lies within you. The focus will be on unlocking this inherent healing potential inside all of us. Meditation is truly an essential complementary treatment that will support your personal health and wellness goals.



HATHA YOGA: TUESDAYS AT 7:00PM with Marsha Adams

This class will move through a sequence of standing, seated, and kneeling postures. The focus will be on linking each movement with your breath which will open the entire body and allow energy to flow more freely. Flexibility and strength will be optimized through these fluid movements.