

RELEASE DATE: OCTOBER 23, 2006

SUBJECT: HEALTH and WELLNESS CLASSES

**SOURCE: Marjorie Carter, 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.

Yoga offers the opportunity to increase freedom of movement, improve balance, enhance concentration, expand breath 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. The fee is \$64. Classes begin October 31.

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. The fee is \$64. Classes begin November 2.

Muscle Max (formerly Muscles in Motion) will step your way to fitness in this fun, easy-to-follow workout that utilizes a step box and stability (resistance) ball. This class offers moderate cardio/strength circuit training. Some circuits work larger muscles with heavier weights then switch to lighter weights for smaller muscles. In other circuits, the workout will focus on floor exercises. Dress for exercise and bring a towel, water bottle, and hand weights. The stability (resistance) ball is recommended but not required. The fee is \$75. Classes begin November 6.

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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. The fee is \$35. Classes begin November 1.

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

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FOR MEDIA ONLY—FOR FURTHER INFORMATION CONTACT KATHERINE MONTANO,
866-0300 OR 888-GO 4-HCCC, EXT. 8274.