

Fitness, Health & Wellness-Spring

HEA3152

ACTIVE VINYASA YOGA

Improve flexibility, balance and strength in this flowing hatha yoga practice. This class focuses on body awareness, breathing and working inwards while “working out.” This class suitable for all levels of yoga experience, novice to experienced. *Yoga mat required, water bottle recommended.*

Wednesday, 11 Sessions Fee: \$112; GC: \$107
Apr. 15, 22, 29, May 6, 13, 20, 27, 6:30-7:30 p.m.
June 3, 10, 17

Briarwood School, 215 Briarwood Dr., All Purpose Room
Instructor: Sheri Dumire-Hamilton

FIT6021SP & FIT6021SP2

CARDIO & STRENGTH AFTERWORK

End your workday with an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Go at your own pace as you burn calories and feel good. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work, cool down and stretch all done to a wide variety of music. *Please bring weights, mat and water bottle to class.*

FIT6021SP Monday, 7 Sessions *Fee: \$42 GC: \$37
Apr. 13, 20, 27, May 4, 11, 18, June 1 5:30-6:30 p.m.

FIT6021SP2 Thursday, 7 Sessions *Fee: \$42 GC: \$37
Apr. 16, 23, 30, May 7, 14, 21, 28 5:30-6:30 p.m.

***Fee: 2 days/wk: \$78; GC: 2 days/wk: \$73**
Briarwood School, 215 Briarwood Dr., All Purpose Room
Instructor: Terry Slocum

FIT6022

CARDIO & STRENGTH MORNING

This class is an invigorating aerobic workout designed to increase cardiovascular endurance, muscular strength and flexibility all while having fun. Exercise variations will be demonstrated to fit all levels of desired intensity and ability. Go at your own pace as you burn calories and feel good. Each class includes: warm up, low impact aerobics, muscle strengthening, floor work, cool down and stretch all done to a wide variety of music. *Please bring weights, mat and water bottle to class.*

If taken with one night of Cardio & Strength Afterwork \$110; GC: \$105.

Tuesday, 12 Sessions Fee: \$72; GC: \$67
Apr. 7, 14, 21, 28, May 5, 12, 19, 26, 9:15-10:15 a.m.
June 2, 9, 16, 23

Irondequoit United Church of Christ, 644 Titus Ave., enter through east side door, down the stairs
Instructor: Terry Slocum

FIT6070SP & FIT6070SP2

GOT SWEAT? FUNCTIONAL FAT BURNING FOR ADULTS

Burn calories, improve strength and cardio in a fun yet challenging comprehensive circuit! The format will allow for participants of varying fitness levels to participate simultaneously. The circuit will incorporate cardio, stability, balance, strength, power and muscular endurance.

FIT6070SP Monday, 11 Sessions *Fee: \$66; GC: \$61
Apr. 13, 20, 27, May 4, 11, 18, 6:00-7:00 p.m.
June 1, 8, 15, 22, 29

FIT6070SP2 Wednesday, 11 Sessions *Fee: \$66; GC: \$61
Apr. 15, 22, 29, May 6, 13, 20, 27, 6:00-7:00 p.m.
June 3, 10, 17, 24

***Fee: 2 days/wk: \$121; GC: 2 days/wk: \$116**
IHS, Fitness Center, enter north entrance #3, go straight, second door on left
Instructor: Irene Irwin

HEA3212

INTRODUCTION TO BACH FLOWER ESSENCES

You've heard of “Essential Oils”, now learn about “Flower Essences”. These plant-based remedies, created by Dr. Edward Bach, are derived from flower blossoms and can be used to transform our emotions and emotional patterns. This course is a perfect introduction to the 38 Bach Flower Essences (Flower Remedies) providing a general overview of their development and benefits of use. Participants will gain a basic understanding of the main properties of each individual flower essence and how the essences can be used to balance emotions, assist chronic conditions and calm responses to challenges or difficulties. Participants will have the opportunity to identify specific essences that would benefit their individual emotional wellness. Please bring a pen and notepad. Informational handouts will be provided

Wednesday, 1 Session Fee: \$30 GC: \$25
May 20 6:30-8:00 p.m.
Webster Schroeder High School, 875 Ridge Rd.
Instructor: Jolita Fornuto, Satya Soul Support

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HEA3609

TAI CHI FOR HEALTH & RELAXATION

Participants in this class will learn 20 Tai Chi movements of the Yang form, the most popular Tai Chi. Tai Chi is based on the principles of movement using body and mind integration. The slowness of Tai Chi teaches the muscles, tendons, ligaments, nerves and mind to work together producing whole body movement. The ancients found that Tai Chi also improved health, balance, posture, circulation, endurance, breathing and mental tranquility as well as physical fitness. This course is open to anyone who wants to discover what Tai Chi is all about. Other martial stylists are welcome. The instructor is an international gold medal holder and President of the Rochester Tai Chi Ch'uan Center.

Thursday, 7 Sessions Fee: \$84; GC: \$79

Apr. 16, 23, 30, May 7, 14, 21, 28 6:00-7:15 p.m.

Brookview School, 300 Brookview Dr., All Purpose Room

Instructor: Sifu Guy Prentice, President of the Rochester Tai Chi Ch'uan Center, certified Master Trainer in Tai Chi for Arthritis

HEA3110

YOGA-LEVEL 1 & 2

In the Iyengar tradition, this class is designed to give beginners a strong foundation of yoga postures and continue to challenge the more advanced student. Yoga is an exercise that will compliment any fitness program. *Please bring a mat, blanket and belt.*

Monday, 6 Sessions

Fee: \$72; GC: \$67

Apr. 13, 20, 27, May 4, 11, 18

6:00-7:00 p.m.

Dake Jr. High, All Purpose Room, enter north entrance #3, turn right at first hallway

Instructor: Suzanne Linsky, R.Y.T.

FIT6010

ZUMBA

ZUMBA® is a fusion of many music and dance genres including Latin and International music that create a dynamic, exciting, workout that is "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. It is a whole body aerobic exercise that uses up a lot of energy and burns calories through dancing. Since the method uses repetition of movements, it is easy to learn and follow. Zumba can improve your flexibility and mobility and it can help to strengthen your core since there's so much movement involved. Zumba is a "feel happy" workout that is great for both the body and the mind.

Tuesday, 8 Sessions

*Fee: \$53; GC: \$48

Apr. 14, 21, 28, May 5, 12, 26, June 2, 9

5:45-6:45 p.m.

Listwood School, 325 List Ave., All Purpose Room

Instructor: Margaret Youngman