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
Apr. 15, 22, 29, May 6, 13, 20, 27, 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
Apr. 13, 20, 27, May 4, 11, 18, June 1
5:30-6:30 p.m.

FIT6021SP2
Thursday, 7 Sessions
Apr. 16, 23, 30, May 7, 14, 21, 28
*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
Apr. 7, 14, 21, 28, May 5, 12, 19, 26, 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
Apr. 13, 20, 27, May 4, 11, 18, June 1, 8, 15, 22, 29
6:00-7:00 p.m.

FIT6070SP2
Wednesday, 11 Sessions
Apr. 15, 22, 29, May 6, 13, 20, 27, 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
May 20
6:30-8:00 p.m.
Webster Schroeder High School, 875 Ridge Rd.
Instructor: Jolita Formuto, Satya Soul Support
HEA3210
INTRODUCTION TO THE CHAKRAS
LEVEL 1
You’ve heard the word but what does it mean? What are they? Chakras are the energy centers, also called “wheels of light”, that reside within each of us and govern our energy fields. Learning about your Chakras will reveal the link between them and your emotional and physical well-being. This course is a perfect introduction to understanding and working with the Chakras for spiritual growth, healing and wellness. You will leave the class with a general overview of each of the seven main Chakras and a basic understanding of how your physical and emotional well-being are connected to them. Please bring a pen and notepad. Informative handout will be provided.
Wednesday, 1 Session  Fee: $30 GC: $25
May 6  6:30-8:00 p.m.
Webster Schroeder High School, 875 Ridge Rd.
Instructor: Jolita Fornuto, Satya Soul Support

FIT6015
PILATES
In this class you will explore the exciting world of IM=X Pilates which can help you lose weight while strengthening core muscles. We will work on strengthening and stabilizing your entire body while increasing your overall flexibility. Learn the secrets of IM=X routines and enjoy all the benefits such as back strengthening and increased hip range of motion which can help alleviate lower back pain, hip discomfort and improve posture. This class is appropriate for all fitness levels.
Participants will need to bring a yoga or pilates mat to class.
Monday, 8 Sessions  Fee: $84; GC: $79
Apr. 13, 20, 27, May 4, 11, 18, June 1, 8 6:30-7:30 p.m.
Eastridge High School, 2350 East Ridge Rd., N-8
Instructor: Bethany Reniff

HEA3211
INTRODUCTION TO THE CHAKRAS
LEVEL 2
Information provided will build on Introduction to the Chakras (Level 1). It is recommended you have a basic understanding of the Chakras before taking this class. This course allows us to dig deeper into each of the seven main Chakras. You will learn specific qualities connected to each individual Chakra and have an opportunity to assess your own Chakra system. You will gain a better understanding of how each Chakra connects to your physical and emotional well-being and gain tools that can be used to help support specific imbalances with your system. Please bring a pen and notepad to class. Informative handouts will be provided.
Wednesday, 1 Session  Fee: $30 GC: $25
May 13  6:30-8:00 p.m.
Webster Schroeder High School, 875 Ridge Rd.
Instructor: Jolita Fornuto, Satya Soul Support

HEA3607
TAI CHI FOR ARTHRITIS & FALL PREVENTION
Why learn Tai Chi for Arthritis and Fall Prevention? Tai Chi has been shown to be beneficial for many different conditions, especially arthritis and for fall prevention. Both of these benefits are recommended or certified by the American Arthritis Foundation and the Center for Disease Control and Prevention (CDC). The participant will learn 12 movements of a Tai Chi form developed in China for health benefits in the 1930s. Learning these movements does not require any prior Tai Chi experience. The movements are performed slowly and gently. Movements are best learned using slow practice repetitions. Tai Chi uniquely combines coordination of the mind and body. The instructor’s goal is to enable the students to use the benefits of Tai Chi in their everyday lives. This is an evidenced based program and is used by health professionals around the world. Chairs are provided. The instructor is a master trainer for the Tai Chi for Health Institute with over 30 years of teaching experience.
Thursday, 7 Sessions  Fee: $84; GC: $79
Apr. 16, 23, 30, May 7, 14, 21, 28 4:30-5:45 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
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