



**MOVEMENT CENTER**  
**SMALL UNIQUE CLASSES, TAUGHT BY EXPERTS!**

**Feldenkrais**

**Thursdays 6:15-7:15 pm**

**\$15 per class (package pricing \$12)**

The Feldenkrais Method is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Through this Method, you can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. These improvements will often generalize to enhance functioning in other aspects of your life. The Feldenkrais Method is based on principles of physics, biomechanics and an empirical understanding of learning and human development. By expanding the self-image through movement sequences that bring attention to the parts of the self that are out of awareness, the Method enables you to include more of yourself in your functioning movements. Students become more aware of their habitual neuromuscular patterns and rigidities and expand options for new ways of moving. By increasing sensitivity the Feldenkrais Method assists you to live your life more fully, efficiently and comfortably.

**\*Please call to reserve your spot**

**Nia**

**Tuesday 5:00-6:00 pm**

**\$15 per class (package pricing \$12)**

Nia, or "Neuromuscular Integrative Action," fuses dance movement, the martial arts and healing arts into an invigorating cardiovascular fitness program. In essence, Nia combines elements of tai-chi, yoga and dance.

**\*Please call to reserve your spot**

**Pilates**

**Tuesday 12:00-1:00 am**

**\$ 15 per class (package pricing \$12)**

The Pilates Method is an approach in mind & body integration that was created by **Joseph Pilates** in the 1920s. The fundamental principles focus on balance, concentration, control, centered awareness, fluid movements, and breathe. Pilates enhances a core strength that increases flexibility, coordination and spacial awareness. The repertoire is performed as a mat class or on specialized equipment utilizing springs for resistance. Pilates engages the whole person, not just the muscles. For everybody from an athlete to mother, Pilates will develop and enhance stamina, posture, alignment & core strength.

**Tai Chi**

**Saturdays 8:00-9:00 am & 9:15-10:15 am**

**\$15 per class (package pricing \$12)**

Tai Chi (also written as T'ai Chi, Taiji, Tai Chi Chuan, among others) is a slow-motion, moving meditative exercise for relaxation, health and self-defense. Originally from China, Tai Chi has gained enormous popularity in America and throughout the rest of the world for its health benefits.

**\*Please call to reserve your spot**

**Yoga**

**Mondays 5:00 pm-6:00 pm, Thursday 5:00pm-6:00pm**

**Friday 11:00am-12:00pm**

**\$15 per class (package pricing \$12)**

Yoga is both the practice and the experience of the ultimate freedom of the heart. It is both a path to spiritual fulfillment and the experience of fulfillment itself. Through the yoking of our bodies, minds, and hearts to a higher power of existence, we can awaken the shakti, or spiritual energy hidden within, and our highest capabilities are revealed. The more often we experience the state of union through our yoga practice, the more we become established in an elevated vibratory state of consciousness. So when we are confronted with stressful and challenging events in our life, which would normally knock us out of alignment, we are able to sustain our yogic state. We are then better able to respond to difficult situations.

**\*Please call to reserve your spot**

**Zumba**

**Sundays 2:00-3:00 pm**

**\$15 per class (package pricing \$12)**

The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!

**\*Please call to reserve your spot**

**Enjoy our amazing movement center that offers a variety of small classes for individual focus, with experienced teachers and unique packages.**

Introducing Our- **Integrative Movement Package**  
Buy a 5 or 10 pack of classes and go to any class you wish! If you are unsure of which class is best for your needs, this is for you.