

### HEALTH AND FITNESS



#### SELF-CARE ACUPRESSURE FOR ANXIETY AND INSOMNIA (CE9 581 R1)

Acupressure and acupuncture have been shown to dramatically reduce anxiety and restlessness, and to improve the quality of sleep. In this workshop you will be taught acupressure points which can greatly reduce general stress and anxiety; points for pain relief will be included as well. When we release tension and stress before bedtime, the quality of sleep will be deeper and more restful.

##### ONE-DAY WORKSHOP.

**Instructor:** Marie Regis

**CE9 581 C1:** Wednesday, October 7, 7:00pm-9:00pm

**Fee:** \$50



#### CHAIR AEROBICS (CE9 719 R1)

Just like any aerobic workout, chair aerobics is designed to increase muscle strength, muscle endurance and improve range of motion while stretching and burning calories. This is a modified format that offers safe alternatives to traditional exercises while having fun at the same time. **Participants should have water accessible, a sturdy chair and wear comfortable shoes.**

**Instructor:** Caryn Cooper

**CE9 500 C1:** Monday, 6:30pm-7:15pm for 8 sessions.

**Starts October 5**

**Fee:** \$75



#### MOVING FOR LIFE (CE9 718 R1)

This low impact dance exercise class combines elements of aerobics, cardio, stretching and yoga to address the needs of those dealing with various health and physical challenges such as breast cancer, heart disease and joint pain in a fun and safe way. **Participants should have water accessible, a sturdy chair and wear comfortable shoes.**

**Instructor:** Caryn Cooper

**CE8 100 C1:** Monday, 7:30pm-8:30pm for 8 sessions.

**Starts October 5**

**Fee:** \$100

#### FULL BODY FITNESS FOR WOMEN (CE9 663 R1)

Each class will be one hour filled with body weight exercises that will get your heart rate up and body moving! Weekly sessions will incorporate different training methods such as strength and conditioning, aerobic, resistance training, pilates, plyometrics & cardio exercises. This program is designed for all ability levels from a beginner to an athlete. What better way to work out, then from the comfort of your home?!! **Participants should have a towel, water, a yoga mat and any dumbbells, or resistance bands (not a requirement) you may have at home.**

**Instructor:** Diane Calimopulos

**CE9 663 R1 Meets:** Tuesday, 6:30pm-7:30pm for 8 sessions.

**Starts October 6**

**Fee:** \$150

#### BEGINNER PILATES (CE9 500 R1)

This is a mat based and core strengthening class that incorporates flexibility and toning for all levels. This exercise method aims to create a balance in the body. It is designed to cater to the individual needs of each person. Pilates offers a trimmer waist, flatter belly, better posture based on a balanced muscle tone and less fatigue, while decreasing back pain and injury. You will love it! **Participants should have a towel, water and a mat accessible.**

**Instructor:** Elaina Marku

**CE9 500 R1 Meets:** Saturday, 10:15am-11:15am for 8 sessions.

**Starts October 3**

**Fee:** \$150

#### BEGINNER KUNDALINI YOGA (CE8 100 R1)

You will gain new perspective, capacities and habits that can support your expanded awareness. The beauty of Kundalini yoga is that if you just physically sit there, fix the automatic rhythm of your breath, and add a creative naad (mantras), your mind becomes focused and balanced. In one kriya (a sequential combination of asanas), you can immediately achieve a complete physical and spiritual balance. It works so effectively and quickly because of this completeness, balance and energy. You will attain serenity and relaxation through this ancient art of yoga. Move at your own pace. **Participants should have a mat, wear loose clothing and do not eat for two (2) hours before class.**

**Instructor:** Elaina Marku

**CE8 100 R1 Meets:** Saturday, 11:30am-1:00pm for 8 sessions.

**Starts October 3**

**Fee:** \$175

#### ZUMBA (CE9 463 R1)

Join in the dance fitness party craze that combines aerobic exercise with Latin-inspired dance moves such as mambo, cha-cha-cha, salsa and more! Party yourself into shape as you burn calories in this exercise in disguise. **Please wear comfortable clothing and have water accessible.**

**Instructor:** Caryn Cooper

**CE9 463 R1 Meets:** Tuesday, 7:00pm-8:00pm for 8 sessions.

**Starts October 6**

**Fee:** \$150

#### ZUMBA GOLD (CE9 498 R1)

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance fitness class that feels friendly, and most of all, fun. **Please wear comfortable clothing and have water accessible.**

**Instructor:** Caryn Cooper

**CE9 498 R1 Meets:** Saturday, 9:00am-10:00am for 8 sessions.

**Starts October 3**

**Fee:** \$150



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