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**RELEASE DATE: April 22, 2008**

**SUBJECT: Health and Wellness Classes**

**SOURCE: William McDonald, 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.

**Cardio-Sculpt** is a weight-room style interval cardio-strength program. The class includes basic non-dance steps, combined with kick-boxing and proven strength training for beginners through advanced. Stability ball, water bottle and towel recommended, but not required. Section F meets for five sessions on Wednesdays from 6-7:15 pm. The fee is \$32. Classes begin April 30.

**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. Section C meets for four sessions on Mondays from 12:15 -1 pm. The fee is \$27. Classes begin April 28.

**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. Section C meets for four sessions on Thursdays from 4:30 -6 pm. The fee is \$44. Classes begin May 1.

**Yoga for All** offers the opportunity to increase freedom of movement, improve balance, enhance concentration, expand breathing and heighten calmness and relaxation. 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. Beginner to Intermediate Section C meets for five sessions on Tuesdays from 6:15 -7:45 pm. The fee is \$54. Classes begin April 29. Intermediate Section C meets for four sessions on Thursdays from 6:15 to 7:45 pm. The fee is \$44. Classes begin May 1.

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

FOR MEDIA ONLY—FOR FURTHER INFORMATION CONTACT KATHERINE MONTANO, 866-0300 OR  
888-GO 4-HCCC, EXT. 8259.

# HCCC NEWS

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