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RELEASE DATE: OCTOBER 18, 2007

SUBJECT: HEALTH & 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.*

Yoga offers the opportunity to increase freedom of movement, improve balance, enhance concentration, expand breath and heighten calmness and relaxation. Look to bring about deep changes in energetic equilibrium. 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. The fee is \$65. Classes begin October 30.

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. The fee is \$65. Classes begin November 1.

Boot Camp Muscle Max is a fat burning, muscle building class that will get you in shape. The class includes aerobics, basic step and floor exercises. The fee is \$38. Session C begins November 5; Session D begins October 31.

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. The fee is \$40. Classes begin November 5 for Session C and November 1 for Session D.

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

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*Courses are open to adults 18 and older. Consult your physician before participating in any activity requiring physical exertion.

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

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