



# ACTIVE WELLNESS

## NEW CHAKRA SYSTEM WORKSHOP ♥

With a basic understanding of these wheel-like vortexes and how energies are received and transmitted, you may learn to take on the different challenges of life with ease and grace. In this practical workshop you will learn: to identify each Chakra physically, mentally, emotionally, and spiritually; to pin point imbalances or excesses in each chakra; discuss and practice different yogic poses and breath-work to balance the system; each Chakra's color and apply visualizations with each one, to recognize and address blockages of the Chakras on yourself and others on the mind/body/spirit levels; through specific chants learn to unblock each Chakra; the basics of meditation and/or go deeper with your personal practice, how to ground yourself and clear the system. Bring a yoga mat, cushion, bagged lunch and water. Instructor: Jaque Hanson.



Sunday, January 29, 10:00 am-6:00 pm  
The Kundalini Yoga Space - 309 Third St., New Cumberland  
Cost: \$54; *discounted resident rate: \$45*

## NEW FIVE AGREEMENTS WORKSHOP

Are you ready to be in the driver's seat of your life? We'll meet for this self improvement workshop in a safe and non-judgemental container. Imagine living a whole new way of life where you: are free to be who you really are; live your life free from what others think of you; live without judging yourself and others; respect yourself and everyone else and they respect you in return; live without fear of expressing yourself, live free of conflict with yourself and others, take the risk to explore life; and live without guilt, fear, shame, and regret. Imagine loving yourself just the way you are! Bring a bagged lunch, water, yoga mat and cushion, and dress in comfortable layers. Instructor: Jaque Hanson. The Kundalini Yoga Space - 309 Third St., New Cumberland

**A.** Sundays, February 26 – March 4, 10 am – 4 pm  
Cost: \$82; *discounted resident rate: \$68*  
**B.** Mondays, April 2 – May 7, 6:30-9:00 pm  
Cost: \$101; *discounted resident rate: \$84*

## PILATES ♥

Pilates is a body conditioning system that works your core muscles including the abdominals, back and buttocks. Pilates' theory is that if your middle is strong, the rest of your body will become stronger as well. The exercises lengthen your muscles and help you develop balance, proper alignment and flexibility. The Level II class will include Gyrokinesis. Bring a mat. Instructor: Marisa Stipe.

**Level I:** Tuesdays, 6:25-7:10 pm  
**A.** January 17 – March 13  
**B.** March 27 – May 29 (no 5/22)  
Allen Middle School – cafeteria  
Cost: \$47; *discounted resident rate: \$39*  
**plus WSSD facility use fee: \$29/person**

**Level II:** Thursdays, 6:25-7:10 pm  
**C.** January 19 – March 8  
**D.** March 22 – June 7 (no 4/5, 5/3, 5/17, 5/31)  
Allen Middle School – cafeteria  
Cost: \$41; *discounted resident rate: \$34*  
**plus WSSD facility use fee: \$29/person**

### All Levels:

Wednesdays, 8:35-9:20 pm  
**E.** January 18 – March 14  
**F.** March 28 – May 23  
Fishing Creek Elementary School – bldg. I cafeteria  
Cost: \$47; *discounted resident rate: \$39*  
**plus WSSD facility use fee: \$29/person**

Saturdays, 7:30-8:15 am  
Lemoyne Borough - community room - 510 Herman Ave  
**G.** January 21 – March 17  
Cost: \$47; *discounted resident rate: \$39*  
**H.** March 31 – May 26 (no 5/5)  
Cost: \$41; *discounted resident rate: \$34*

♥ - HEART HEALTHY ACTIVITY

## NEW RADIANT SOUND & YOGA

Combining sound with Kundalini Yoga creates a powerful, transformative combination that can be truly and immediately life changing. Singing, chanting and music are central to many spiritual practices. The first yoga practices described in the ancient texts are not about postures, breathing, or meditation but mantra and sound. Nada is the name for the sound current experience, the flow of the cosmic river, and literally means "rushing". This workshop is ideally suited for those who want to lead relaxed and happy lives amid the pressures of modern society. In this three-hour format you have an extended amount of time to deepen meditation skills and ride the powerful energy in a group setting. Bring water, yoga mat and cushion, and dress in comfortable layers. Instructor: Jaque Hanson.

Sunday, March 25, 2:00-5:00 pm  
The Kundalini Yoga Space - 309 Third St., New Cumberland  
Cost: \$22; *discounted resident rate: \$18*

## STEP CHALLENGE ♥

Happy New Year! Make 2012 your healthiest year ever by *stepping up to the challenge!* The class consists of basic choreography (suitable for beginner or advanced stepper) with high energy music, followed by varied upper and lower body exercises, including abdominals, using free weights. Please bring mat and 3-5 lb. hand weights (*The Step* provided). Instructor: Kathy Henry.

Mondays & Wednesdays, 6:15-7:15 pm  
Fishing Creek Elementary School – bldg. I cafeteria  
**A.** January 18 – March 14 (no 2/20)  
**B.** March 28 – May 23 (no 4/9)  
Cost: \$70; *discounted resident rate: \$58*  
**plus WSSD facility use fee: \$33/person**

## STEP & TONE ♥

This dynamic class includes a challenging cardiovascular workout on *The Step* plus strength training in which weights will be used. Pilates and advanced abdominal movements will be added at the end for abdominal strength and stretching. You will work 641 muscles in this class and burn approximately 800-1,000 calories. Please bring a mat and 5-8 lb. hand-weights. Instructor: Marisa Stipe.

Mondays, 7:30-8:30 pm  
Fishing Creek Elementary School – bldg. I cafeteria  
**A.** January 23 – March 19 (no 2/20)  
Cost: \$35; *discounted resident rate: \$29*  
**plus WSSD facility use fee: \$33/person**  
**B.** April 2 – May 21 (no 4/9)  
Cost: \$30; *discounted resident rate: \$25*  
**plus WSSD facility use fee: \$33/person**

## TAI CHI ♥

Learn a method of movement that promotes good health and lowers stress with increased strength and flexibility. Tai Chi can be practiced by a range of people from those just starting an exercise program to those wanting to round out their current program. The class meets as one group for all levels and is divided into an exercise portion containing warm-ups and fundamental exercises and a forms portion.

Learn the forms at your own pace, only moving onto the next form after you are comfortable with the current form. Instructors: Andrew Baker and Chloe Pittinos.

Tuesdays, 7-8 pm  
January 17 – May 15 (no 2/21, 3/20, 4/24)  
Crossroads Middle School – lobby  
Cost: \$146; *discounted resident rate: \$122*  
**plus WSSD facility use fee: \$20/person**

## STRESS MANAGEMENT YOGA ♥ - It's Back!

Through intentional breathing, exercise, sound current, deep relaxation and meditation, you dynamically experience the wealth of potential and resources at hand within themselves, while attaining the skills necessary to maintain the inner connection and strength. You may experience: increased peace of mind, a deeper sense of security, optimism toward the future, a heightened sense of self, improved concentration, mental & emotional clarity and control, expanded awareness and a revitalized mind/body/spirit. Wear layers and bring a mat, small blanket, cushion and water. Instructor: Jaque Hanson.

Wednesdays, 7:00-8:30 pm  
**A.** January 18 – February 22  
**B.** March 7 – April 11  
**C.** April 25 – May 30  
Lemoyne Borough Community Room – 510 Herman Ave  
Cost: \$64; *discounted resident rate: \$53*

# ACTIVE WELLNESS

## SUNSET YOGA IN THE PARK ♥

Unwind, de-stress and relax the body while enjoying a view of the Susquehanna River from beautiful Negley Park in Lemoyne. Yoga in the Park is based on the ancient science of Kundalini Yoga and is suitable for yoga students of all levels. The practice of Kundalini Yoga helps to bring the body, mind and spirit into balance so that you can be in control of yourself rather than being controlled by thoughts or emotions. Each class consists of conscious and focused breath work, warm up postures, a Kundalini yoga kriya, relaxation and meditation. Please bring a yoga mat or towel and a water bottle. Instructor: Angela Sheaffer.

Mondays, 6:00-7:15 pm

May 7 – June 4 (no 5/28)

Negley Park - grass area below upper pavilion

Cost: \$35; *discounted resident rate: \$29*

## YOGA FITNESS ♥

Yoga Fitness is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of Hatha yoga, it blends balance, strength, flexibility and power in a fitness format. Yoga Fitness overcomes the mystery of yoga by delivering a practical, user-friendly style for any fitness level. It will help reduce the risk of injury and augments recovery for ailments including stress, lower back pain and tension. Bring a mat. Instructor: Marisa Stipe.

Thursdays, 7:20-8:05 pm

A. January 19 – March 8

B. March 22 – June 7 (no 4/5, 5/3, 5/17, 5/31)

Allen Middle School – cafeteria

Cost: \$41; *discounted resident rate: \$34*

**plus WSSD facility use fee: \$29/person**

## YOGA FOR HEALTH ♥

Utilizing movement, sound current, breath and meditation to relax and heal your mind and body, allowing the spirit to flow freely. This powerful and effective form of Yoga is a great way to recharge and heal your body quickly by stimulating the nervous and immune systems, while improving strength and flexibility, as it centers the mind and opens the heart. From the very first class you may reap the rewards including: relief from back pain, stress, addiction, depression and insomnia, as well as weight control and peace of mind. Bring a mat. All levels are welcome! Instructor: Jaque Hanson.

Thursdays, 9:30-11:00 am

A. January 19 – February 23

B. March 8 – April 12

C. April 26 – May 31

The Kundalini Yoga Space - 309 Third St., New Cumberland

Cost: \$70; *discounted resident rate: \$58*



## ZUMBA TONING ♥

Zumba Toning is an innovative muscle training program with the addition of light weight toning sticks. We provide the 2.5 pound sand-filled toning sticks, which are very similar to maracas. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance. Instructor: Marisa Stipe.

Thursdays, 5:15-6:15 pm

A. January 19 – March 8

B. March 22 – June 7 (no 4/5, 5/3, 5/17, 5/31)

Allen Middle School – cafeteria

Cost: \$64; *discounted resident rate: \$53*

**plus WSSD facility use fee: \$29/person**

## SMOOTH DANCING FOR BEGINNERS ♥

Waltz, Fox Trot and Tango across the dance floor with your partner. These easy slow ballroom dances are great fun and a good place to start if you are new to ballroom dancing. Partner preferred but not required. Instructor: Ballroom Break.

A. Mondays, January 16 – February 13, 6-7 pm

B. Mondays, March 26 – April 23, 7-8 pm

Ballroom Break, Lewisberry

Cost: \$77; *discounted resident rate: \$64 per person*

## LATIN DANCING FOR BEGINNERS ♥

Rumba and Cha-Cha your way to more fun on the dance floor! Learn the hot Salsa (Mambo) and the always popular Swing. You never had this much fun exercising! Partner preferred but not required. Instructor: Ballroom Break.

A. Mondays, January 16 – February 13, 7-8 pm

B. Mondays, March 26 – April 23, 6-7 pm

Ballroom Break, Lewisberry

Cost: \$77; *discounted resident rate: \$64 per person*

## BALLROOM SAMPLER ♥

*"Dancing is the ultimate exercise . . . cleverly disguised as fun."* Swing into a fun class with your partner while sampling the other fun and popular dances of Waltz, Fox Trot, and Rumba. Partner preferred but not required. Instructor: Ballroom Break.

Wednesdays, 6:30-7:30 pm

March 7 – April 4

Lemoyne Middle School - cafeteria

Cost: \$77; *discounted resident rate: \$64 per person*

**plus WSSD facility use fee: \$20/person**

## BELLY DANCE! ♥

Flirty, feminine and fun, belly dance promotes flexibility, strengthens the core and tones muscles. All levels of experience welcome. Wear comfortable clothes and bring towel or mat for stretching. Classes meet in the New Cumberland Middle School cafeteria. Instructor: Diane Hanse.

Wednesdays, 6:30-7:45 pm

A. January 18 – February 15

B. February 29 – March 28

C. April 11 – May 9

Cost: \$40; *discounted resident rate: \$33*

**plus WSSD facility use fee: \$22/person**

## ZUMBA ♥

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away. Zumba fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training and resistance training to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got ZUMBA! Come to the party! Instructor: Marisa Stipe.

Mondays, 8:35-9:35 pm

Fishing Creek Elementary School – bldg. I cafeteria

A. January 23 – March 19 (no 2/20)

Cost: \$64; *discounted resident rate: \$53*

**plus WSSD facility use fee: \$33/person**

B. April 2 – May 21 (no 4/9)

Cost: \$56; *discounted resident rate: \$47*

**plus WSSD facility use fee: \$33/person**

Tuesdays, 5:15-6:15 pm

C. January 17 – March 13

D. March 27 – May 29 (no 5/22)

Allen Middle School – cafeteria

Cost: \$72; *discounted resident rate: \$60*

**plus WSSD facility use fee: \$33/person**

Wednesdays, 7:30-8:30 pm

E. January 18 – March 14

F. March 28 – May 23

Fishing Creek Elementary School – bldg. I cafeteria

Cost: \$72; *discounted resident rate: \$60*

**plus WSSD facility use fee: \$33/person**

Saturdays, 8:25-9:25 am

Lemoyne Borough - community room - 510 Herman Ave

G. January 21 – March 17

Cost: \$72; *discounted resident rate: \$60*

H. March 31 – May 26 (no 5/5)

Cost: \$64; *discounted resident rate: \$53*