

HEALTH, FITNESS AND DANCE

Health

Stop Smoking with Hypnosis

Smoking cessation is easily and painlessly achieved in a one-hour session through hypnosis, recognized by the American Medical Association for its therapeutic effects.

NOTE: Bring a small pillow to class. Reinforcement CDs are recommended – available in class for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center, Tuition \$15 + general fee \$40. Total \$55.

GHEL 055-54 Wednesday 6:30-7:30 p.m., October 14

GHEL 055-55 Wednesday, 6:30-7:30 p.m., December 2

Lose Weight with Hypnosis

Weight loss is easily and painlessly achieved through hypnosis, recognized by the American Medical Association for its therapeutic effects.

NOTE: Bring a small pillow to class. Reinforcement CDs are recommended – available in class for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center, Tuition \$15 + general fee \$40. Total \$55.

GHEL 056-54 Wednesday, 7:30-8:30 p.m., October 14

GHEL 056-55 Wednesday, 7:30-8:30 p.m., December 2

Relaxation Through Hypnosis

You can reduce your stress using creative visualization, imagery and hypnosis techniques, improving the quality of your life. Achieve relaxation without much effort or time.

NOTE: Reinforcement CD is recommended and available in class for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center, Tuition \$15 + general fee \$40. Total \$55.

GHEL 059-09 Wednesday, 8:30-9:15 p.m., October 14

GHEL 059-11 Wednesday, 8:30-9:15 p.m., December 2

Fitness

How to Get Fit at Home *New*

Do you need to exercise but you don't have the time or the money to join a gym, or enough knowledge to exercise on your own? Cindy Carney, a fitness professional certified by the Aerobics and Fitness Association of America, (AFAA) will help you get a great workout without leaving the house. Topics covered include benefits of aerobic and weight training, simple and complete instructions about recommended exercises, how often to work out and the correct form. Already working out? This class, filled with lecture and hands on training can help you to improve and advance your workouts.

NOTE: Bring a mat or towels and light weights to class.

Instructor: C. Carney, Tuition \$ 50 + \$25, Total \$75

GFIT 087-01 Tuesdays, 6:30-8:30 p.m., September 29, October 6, 13

Hatha Yoga: Beginner

Hatha Yoga will help you achieve a state of mind and body relaxation through deep breathing techniques and yoga postures that help you to gain flexibility and tone your body.

NOTE: Please bring a yoga mat to ALL classes and plan to arrive 10 minutes prior to class time to set up your spot.

Instructor: M. Tricario, Tuition \$150 + general fee \$49. Total \$199.

GFIT 004-41 Wednesdays, 6:30-7:30 p.m., September 16-January 27 (no class November 11, 25) (18 sessions)

Dance

Beginning Latin and Ballroom Dancing for Adults

This class is a combination of the four most popular ballroom and Latin dances. Learn the waltz and the tango and impress your friends at their wedding or your next social affair. Dance to the beats of awesome Latin music and learn the basics of salsa and cha-cha, in only six weeks. This class is a beginner level and you do not need any prior dance experience. Partners are preferred but not required. Class space is limited. Register now to reserve your spot in class.

Instructor: I. Dimitrova, Tuition \$100 + general fee \$50. Total \$150.

GDAN 348-07 Mondays, 7-9 p.m., September 14-October 26 (no class October 12) (6 sessions)