

studio | helix

Physical Therapy · Fitness · Movement Arts

spring 2012 class schedule

monday

- 7:30-8:30 am **pilates classic all levels** | \$80 for 10 classes or \$12 drop-in
bob hannum 802.236.9163
- 4:15-5:45 pm **tai chi all levels** | \$35-\$45 per month for 1-3 classes weekly
drop-in & sliding scale available
jeff rosen 617.875.4870
- 6:15-7:15 pm **pilates/breath/stretch** | \$104 for 8 classes or \$14 drop-in
michele feldheim 413.584.7694
- 6-7 pm **hoop fit & flow** | \$48 for 4 classes, \$15 drop-in, \$10 students, \$23 parent/child combo (ages 7+) 2nd & 4th Mondays only (dynamite space) ariana shelton & laura marie 413.219.0352

tuesday

- 7:30-8:30 am **pilates classic all levels**
- 9-10 am **fitness class** (dynamite space)
amanda weisenthal
413.584.9942
- 9:30-10:30 am **mat & ball class** | \$96 for 8 classes or \$14 drop-in
kate faulkner 413.584.9942
- 5:15-6:15 pm **feldenkrais class** | \$80 for 8 classes (starts Jan 10) lauren wolk & friitha pengelly friithap@earthlink.net
- 5:30-8:30 pm **capoeira class** (dynamite space)
- 5:30-6:30 kids 10 years & up
6:00-6:30 kids 5 to 10 years
6:30-8:30 adults
instructor marola 413.687.1227
- 6:30-9:30 pm **argentine tango**
- 6:30-7:30 beginner's class
7:30-9:30 practica
daniel trenner 413.522.2225

A different kind of gym and clinic for all ages and abilities

wednesday

- 7:30-8:30 am **pilates classic all levels**
- 5:30-7 pm **bellydance** | \$80 for 8 classes or \$12 drop-in (student rates & creative exchange available)
jerichia senyak 413.273.3276
- 7-9 pm **tai chi all levels**

thursday

- 7:30-8:30 am **pilates classic all levels**
- 9-10 am **fitness class** (classroom)
- 5:30-8:30 pm **capoeira class** (dynamite space)
see tuesday for details
- 6-9:30 pm **argentine tango** | \$60 for 5 classes or \$15 drop-in
- 6:00-6:30 practica
6:30-7:30 fundamentals class
7:30-8 practica
8-9 technique & structure
9-9:30 practica
jackie ling wong 413.281.9722

friday

- 8-9 am **tai chi open practice**
- 6-7:30 pm **capoeira** (dynamite space)

saturday

- 10-11 am **mat & ball class**
- 11:30-12:45 pm **fitness through gyrokinesis**
michele marroquin 413.210.2594
- 8:30-12:30 am **milonga: tango social dance** | \$15 usually the 1st & 3rd saturdays of the month
northamptontango.com or tangopulse.net

sunday

- 2-3 pm **mixed level pilates** | \$100 for 10 classes or \$15 drop-in (starts Jan 15)
krisen day 413.530.2872
- 5-9 pm **argentine tango** | \$80 for 4 (must have partner), \$5 practica
- 5-7 intensive (partner only, starts Jan 8)
7-9 practica

questions? contact instructor or visit www.studiohelixnoho.com

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