

**Bellydance:** classes are fun and rewarding allowing you to get in shape, develop an appreciation of Middle Eastern dance music and culture. Classes are open to students of all ages, genders and body types.

**Dance for Parkinson's:** designed specifically for individuals with Parkinson's Disease and their spouses, family members and care givers. Classes will integrate various movement forms such as ballet, modern, folk dance, improvisation and rhythmic dance styles to engage participants in an aesthetic experience that develops artistry while addressing various PD specific concerns such as balance, flexibility, coordination, isolation and depression.

**Feldenkrais Awareness Through Movement:** focuses on comfortable, easy, structured movement explorations that involve thinking, sensing, moving and imagining. All levels welcome.

**HooteNanny** is about music, family and community, and the ways in which learning to sing, play and dance can enhance all three. Music is hand selected by nationally renowned folk-rock musicians, Nerissa and Katryna, better known as The Nields.

**Intro to Pilates Apparatus:** Come experience this unique system of stretching and strengthening exercises with Registered Nurse and Board Certified Holistic Nurse Coach Tristan Diaz. Private sessions. Call 413.923.7096

## CLASS DESCRIPTIONS

**Mat & Ball Class:** taught by one of our physical therapists and blends physical therapy, functional fitness and Pilates utilizing a matt and physioball. Intermediate level.

**Mat & Ball Intensive:** A more intensive version of the original with a limit of 5 students per class and plenty of one-on-one time with the instructor. This class will challenge all levels.

**Pilates Mat Series:** Classes focus on awareness, proper alignment, flexibility, and strength and being present. Be assured that you'll be challenged, have fun, and leave feeling invigorated and inspired and maybe a little taller!!

**Pilates/ Breath and Stretch:** a creative blend of Body-Mind Centering Pilates and movement therapy. This class incorporates strengthening, breath work and functional fitness. Principles designed for all levels.

**Tai Chi for Health and Relaxation:** an ancient Chinese exercise system that is proven to enhance balance and improve physical and mental well-being. This class uses gentle Tai Chi exercises and routines that are safe, easy to learn, and suitable for every

Summer 2018 Class Schedule

studio | helix  
Physical therapy · Fitness · Movement arts

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# Class Schedule

## MONDAY

5:30-6:30pm Pilates| breath and stretch  
\$112/8 weeks, \$16 drop-in  
Michele Feldheim  
413-695-0671

6:00-7:00pm Tai Chi for health  
\$15/class Bill Arcand  
413-584-9942  
studiohelixnoho@gmail.com

## TUESDAY

9:30-10:30 Mat & Ball  
\$16/class  
Kate Faulkner 413-584-9942  
studiohelixnoho@gmail.com

2:15-3:45pm Dance For Parkinson's  
Summer Series, 9 weeks,  
5/22—7/31 (no class June 12  
or July 3) \$172  
Fritha Pengelly  
frithap@earthlink.net

## TUESDAY Continued:

5:15-6:15pm Feldenkrais Awareness  
Through Movement  
Summer Series, 9 weeks  
5/22/7/31 \$135,  
\$18/drop-in Fritha Pengelly  
frithap@earthlink.net  
(no class June 12 or July 3)

6:30-7:30pm Bellydance Level 2 & 3  
June 5 - 26 & July 3-Aug 21  
\$18drop-in  
\$75per 5 week class series  
sahinabellydance.com

## WEDNESDAY

12-1pm Mat & Ball  
\$16/class  
Kate Faulkner 413-584-9942  
studiohelixnoho@gmail.com

5:30-6:30pm Pilates Mat Series  
\$10-\$16 Sliding scale drop-in  
Tristan Diaz 413-923-7096  
tristandiaz1@icloud.com  
413-923-7096

## THURSDAY

12-1:00pm Mat & Ball Intensive  
5 person limit  
Reservations required  
\$25 Kate Faulkner  
studiohelixnoho@gmail.com

6:30-7:30pm Bellydance  
June 7-28 & July 5-Aug23  
Level 1 \$45 for 3 wk session  
\$18 single session.  
\$75/5 week series  
sahinabellydance.com

## FRIDAY

Noon-1pm Pilates Mat Series  
\$10 - \$16 Sliding scale drop-in  
Tristan Diaz  
tristandiaz1@icloud.com  
413-923-7096

## SATURDAY

10-11:00am Mat & Ball  
See Tuesday for details  
Kate Faulkner

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