

## MONDAY

- 4:15-5:45pm **Tai Chi | all levels**  
\$35-\$45/month 1-3 classes per week, drop-in and sliding scale available  
Jeff Rosen 413-336-4890
- 5:30-6:30pm **Pilates| breath and stretch**  
\$112/8 weeks, \$16 drop-in.  
Michele Feldheim 413-584-7694
- 6:00-7:00pm **Tai Chi for health | Level 2**  
\$15/class Bill Arcand  
413-584-9942
- 8:00-9:30 **Karate**  
\$60/month Christof Paar  
Christof.Paar@rub.de

## 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**  
9 week series March 22 - May 17  
\$150 Fritha Pengell  
frithap@earthlink.net

## TUESDAY contd:

- 5:15-6:15pm **Feldenkrais Awareness Through Movement**  
9 week series: March 22 - May 17 Fritha Pengelly rithap@earthlink.net
- 6:30-7:30pm **Bellydance**  
Jan 12, 19, 26 Level 2 & 3 \$45 for 3 week session / \$18 single session  
www.sahinabellydance.com

## WEDNESDAY

- 5:00-6:00pm **Tribal Fusion Bellydance**  
\$108 for 9 weeks- ongoing \$15 drop-in. Lisa Wall 413-320-1751
- 7:00-9:00 **Tai Chi all levels**  
\$35-\$45/month 1-3 classes per week, drop-in and sliding scale available  
Jeff Rosen 413-336-4890
- 8:00-9:30 **Karate**  
See Monday for details.  
Christof.Paar@rub.de

## THURSDAY contd:

- 12:00-1:00pm **Mat & Ball Intensive**  
5 person limit. Reservations required  
\$25 Kate Faulkner  
studiohelixnoho@gmail.com
- 5:15-6:15pm **Bellydance**  
Jan 14, 21, 28 , Level 1 & 2  
\$45 for 3 week session  
\$18 single session  
www.sahinabellydance.com
- 6:30-7:30 **Bellydance**  
Jan 14, 21, 28 , Level 1  
\$45 for 3 week session ,  
\$18 single session.  
www.sahinabellydance.com

## FRIDAY

- 12:00-1:00pm **Tai Chi all levels**  
See Monday for details.

## SATURDAY

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

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Physical therapy · Fitness · Movement arts

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**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.

**Juku Shorin-Ryu Karate:** a traditional style coming directly from Okinawa, the homeland of Karate. A distinguished feature of Kishaba Juku is its emphasis on fine-grained body control. The movements are seemingly effortless and fluid but result in techniques that are extremely fast and have devastating power.

## 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.

**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:** a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing and stretching techniques.

**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 fitness level.

**Tribal Fusion Bellydance:** a lively strength training warm-up and choreography lesson to music including hip-hop, middle eastern, electronica and R&B.

## Winter 2016 class schedule

January—March

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through the world.

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