

## health & wellness classes

### HATHA YOGA with Christine Walko

This class will include yoga postures that help to position and work the body in ways that stretch and strengthen not only the major muscle groups but also the deeper muscles that maintain the health of the spine and joints.

**Wednesdays: Beginning October 7**

**5:30 - 6:45 PM**

**Class Fee: \$45 + YWCA Membership**

### YOGA AWARENESS with Nancy Michaels

This series is designed to focus on specific areas of the body to strengthen and stretch muscles. This class will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

**Thursdays: Beginning October 15**

**10:00 - 11:30 AM**

**Class Fee: \$42 + YWCA Membership**

### HOLIDAY SAMPLER with Linda Vucelich

"Tis the Season" to be jolly! Survive the long nights and short days, and holiday hubbub. Give yourself a gift and release that stress! You are invited to enjoy the warmth of the decorated YWCA and an evening of relaxation, simple meditative practices, Tai Chi and Qi Gong exercises. Register before December 7th.

**Wednesday: December 9, 2009**

**7:00 - 8:10 PM            \$12/person**

### BEGINNING TAI CHI with Linda Vucelich

This class is intended for those who have never taken Tai Chi or who have some experience with Tai Chi.

**2 Tuesdays: November 24 + December 8**

**7:00 - 8:00 PM**

**Fee: \$22 + YWCA Membership**

### Little Ninja's Preschool Karate

This program is designed specifically to help teach boys and girls, ages 4-5, the important qualities of respect, self-control, focus and confidence.

**6 Thursdays: November 5-December 17**

**5:00 - 5:30 PM**

**Class Fee: \$30 Members/\$40 Non-Members**

### Kid's Power Karate

Boys and girls, ages 6-12, learn discipline, fun and self-defense in this class. At the end of this course, students will have the opportunity to test for their first color belt.

**6 Thursdays: November 5-December 17**

**5:45 - 6:30 PM**

**Class Fee: \$35 Members/\$45 Non-Members**

### Color Belt-Continuation Karate

This class is a continuation of traditional martial arts training for those students who have achieved a color belt rank in the Kid Power Karate Program. This class is for children ages 6-12 and teaches Tang Soo Do techniques and self-defense.

**6 Thursdays: November 5-December 17**

**6:45 - 7:30 PM**

**Class Fee: \$35 Members/\$45 Non-Members**

### CONTINUING TAI CHI with Linda Vucelich

This class is designed for experienced Tai Chi students looking to continue their practice.

**2 Tuesdays: December 1 and December 15**

**7:00 - 8:00 PM**

**Fee: \$22 + YWCA Membership**

### INTERMEDIATE TAI CHI with Linda Vucelich

Maintain your physical and mental health.

Beginning Tai Chi or experience prerequisite.

**2 Mondays: December 7 + December 14**

**6:45 - 7:45 PM**

**Fee: \$22 + YWCA Membership**

T'ai Chi is the Art of Movement with cumulative and long-range benefits. It is a system of health maintenance and prevention as well as promoting well being, ease, balance and energy effi-

**COMING SOON!**

*Team Survivor* was founded in 1995, as a grassroots program offshoot of the Danskin® Women's Triathlon Series to provide fitness opportunities for female cancer survivors to train for and participate in their first triathlon. Team Survivor programs vary from city to city. All Affiliates focus on providing fun group exercise opportunities, fitness education and peer support for women of all ages. The YWCA of Westmoreland County will be partnering with *Team Survivor Laurel Highlands* in 2010. Additional information will be available in our Winter Newsletter.

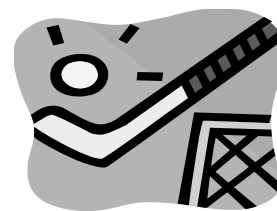
## **YWCA Girls 2010 Indoor Field Hockey Tryouts for U16 and U19 Travel Teams**

Tryouts will be held at Monroeville Sports Center on  
Sunday November 8, Saturday November 14 and Sunday November 15, 2009.

Tryout time: 1-3:30 PM/Registration 1-1:30 PM

Tryout fee \$10

- Tournament teams will have 2 practice days per week 4:30-6:30 PM on Monday and Wednesdays beginning in December.
- Teams will travel to US Field Hockey Qualifiers and other tournaments in State College and Downingtown, PA.
- Manic March Play Day for Everyone to end the season
- Contact Jeanne Kaylor for more information at 724.551.9342 or email [jjkaylor@comcast.net](mailto:jjkaylor@comcast.net)



## **Hot Flash and Dance Mix!**

Instructor: Marcia Croce

\$45 per 6 week session + YWCA membership (\$17)

Classes Begin Tuesday, November 17, 2009

### **Hot Flash: 9:30 - 10:30 AM**

This class is designed for ladies 40 years and older, women in peri-menopause or menopause, or for women who just need some exercise and fun in their lives.

Exercise plays a key role in making the transition through menopause easier and in enhancing health, happiness and productivity during the second half of life. Symptoms of menopause include: hot flashes, night sweats, bladder and reproductive tract changes, insomnia, headache, lethargy/fatigue, irritability, anxiety, depression, heart palpitations and joint pain. The good news is that a regular program of physical activity can help manage these uncomfortable symptoms of menopause as well as the related health concerns, such as heart disease and osteoporosis. Hot Flash is a program design specifically to combat the symptoms of menopause and aging.

### **Dance Mix: 10:45—11:45 PM**

The party starts here. This is for all levels of fitness. Join us for a dance/aerobic party that does it all. We dance it all! We mix the Hip Hop, Bellydancing and Popular Latin dances with aerobics and lots of fun. This is one party you won't want to miss. The class will end with 15 minutes of core work, so bring your mat. Leave your troubles behind and come join us for the fun.