

Stamford Hospital prenatal classes at Health & Fitness Institute

8 Week programs.

Call 276-4567 to join and register. New sessions begin week of March 17th

Prenatal Aquafitness. This class meets twice a week - Mon and Wed mornings at 9:30am or Tues and Thurs eve at 6:30pm. Ease the postural changes that can overstress your body during pregnancy. Enjoy the benefits that exercising in water can bring. Cost is 240.00 non-members and 160.00 members

Prenatal Yoga

Our certified teachers allow you to maintain your strength as well as ease the stresses that can take place during pregnancy. Yoga has a meditative benefit that lowers stress levels while improving circulation and range of motion. Thurs mornings at 8:30, \$95.00 members and 150.00 non-members

Prenatal Backs Plus/ Feel Good Thru your Pregnancy

Elaine Petrone teaches based on her method in *The Miracle Ball Method*. You will experience less muscle stiffness, thus allowing your own natural sense of alignment to take place. Excellent to ease discomforts during pregnancy. The class addresses sciatic pain stress, indigestion, sleeplessness and what you can do to feel energized throughout your pregnancy. Thurs eve at 5:30. \$95.00 members and 150.00 non members

Meditation

8-week program for stress reduction and relaxation. Thurs evenings 7:30. \$95 HFI Members / \$150 non-members

Backs Plus

8 week series teaching self-help techniques to relieve stiffness and pain associated with chronic back problems. Elaine Petrone teaches based on her method from *The Miracle Ball Method*. Thurs evenings 6:30 – 7:30pm. Fee: \$95 (HFI Members) \$150 (non-members)

Pilates Reformer Classes

Using the Allegro Workout System, this is an effective way to develop strength, core control, balance and coordination. **Beginner:** Mondays, 10:45 – 11:45 am, **Intermediate:** Mondays, 5:30 – 6:30 pm, **Beginner:** Wednesdays, 9:15 – 10:15 am, Wednesday eve 5:00-6:00pm

Gentle Yoga

7:30 Monday mornings or 6:30 Thursday evening
Increase flexibility and strengthen the body while calming the mind. \$150 (non-members only)

Pilates

Mat class based technique emphasizing strong abdominal muscles and torso strength for a long leaner body. Mon at 12:00 or Tues evening at 7pm. Fee: \$150 non-members only

Tai Chi

Ancient exercise technique to build strength by improving balance, breathing and flexibility
Tues evenings at 6:30, \$150, non-members only

Saturday Workshops 1-3:30

35.00 members, 50.00 non members

Enjoy a variety of workshops on the weekends:

Restorative Yoga: Rita Trieger

Backs Plus: Elaine Petrone

EFT Workshop: Anne Harris

Ben Spang: Meditation