

# Why Wait?

## Start A Healthier You *Now!*

### JOIN A CLASS IN THE GARDEN CITY HOSPITAL WELLNESS SERIES

At Garden City Hospital, we believe both a healthy mind and body are essential to healthy living. Whether you are just starting out or an experienced fitness buff, GCH offers a variety of wellness classes to meet your needs. Choose a path that works for you!

#### **FITNESS BARRE (Tuesdays, 6 - 6:45 p.m.)**

Fitness Barre is a 45 minute class that fuses core conditioning, Pilates, yoga, orthopedic stretching, and isometrics into one powerful, body shaping experience.

#### **YOGA**

##### **Slow Flow Hatha Yoga (Tuesdays, 4 - 5:30 p.m. or Thursdays, 6:30 - 8 p.m.; Tuesday classes are held at Garden City Hospital)**

This playful series is designed to bring movement, energy, and breath back into your body. Suitable for all levels. Modifications are offered for body type, fitness level and ability. Bring a sticky mat and any other yoga prop you may need.

##### **Hatha Yoga (Wednesdays, 6:30 - 8 p.m.)**

Experience the fullness of your practice by slowly merging asanas (postures) and breath to create a powerful, meditative flow, Vinyasa style. Six months of yoga experience required. Bring a sticky mat and any other yoga prop you may need.

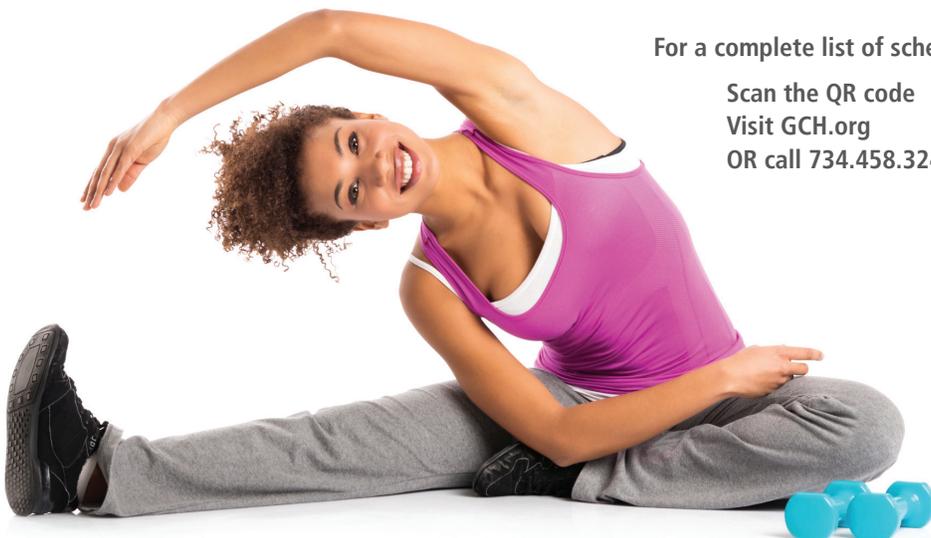
#### **TAI CHI (Wednesdays, 6 - 7 p.m.)**

Tai Chi is a mind-body exercise that can improve heart health, balance, and flexibility, no matter what your age or ability level. Tai chi combines aerobics, flexibility, balance, and with deep breathing and meditation through a relaxed series of movements.

#### **ZUMBA TONING EXPRESS (Tuesdays, 7:30 - 8 p.m.)**

Zumba Toning Express features exotic rhythms set to high-energy Latin and international beats all while toning with the use of weights.

**DISCOUNT PACKAGES AVAILABLE. FOR CLASS SCHEDULE OR TO REGISTER, CALL 734.458.3242. ALL CLASSES ARE PRIVATELY HELD IN WESTLAND MALL'S COMMUNITY ROOM UNLESS OTHERWISE NOTED.**



For a complete list of scheduled classes:

Scan the QR code  
Visit [GCH.org](http://GCH.org)  
OR call 734.458.3242



Great Health. Generation to Generation.