

FITNESS & RECREATION

SU GENTLE YOGA

As simple and profound as breathing in and out, the benefits of yoga include and increase a sense of wellbeing, physical and mental clarity, strength and flexibility, inner calm, balance and more for a positive attitude and outlook towards life. This class will move at a gentle pace for beginners or experienced practitioners of yoga. Bring a mat and blanket to class.

Instructor: S. Silverstream

NCC 1721-01 T 2/19-3/26

10-11:15am KSU \$85

No Class 3/12 • Sr. discount applies

NCC 1721-02 T 4/2-3/0

10-11:15am KSU \$85

Sr. discount applies

NCC 1721-01 T 5/7-6/4

10-11:15am KSU \$85

Sr. discount applies



CHAIR YOGA

This is one of the gentlest forms of yoga available. You will practice postures, movement, breathing exercises and relaxation with the aid of a chair. Anyone can practice yoga and enjoy the benefits of increased circulation, balance, flexibility, mobility, physical strength, and mental clarity with decreased stress and pain. **Instructor: S. Nicholson**

NCC 2114-01 F 2/22-3/29 11:30-12:30pm KSU \$62

No Class 3/15 • Sr. discount applies

NCC 2114-01 F 4/5-5/3 11:30-12:30pm KSU \$62

Sr. discount applies

NCC 2114-02 F 5/10-6/7 11:30-12:30pm KSU \$62

Sr. discount applies

TAI CHI CHIH - JOY THRU MOVEMENT

Tai Chi is an ancient Chinese mind, body discipline consisting of 19 meditative movements and a pose. It is a program of low-impact exercises that improve strength, flexibility and balance. It also improves powers of concentration and coordination. Wear comfortable clothes and soft shoes or sneakers. **Instructor: A. Sherry**

NCC 2083-01 W 2/20-4/3 10:30-11:30am KSU \$69

No Class 3/13 • Sr. discount applies

NCC 2083-01 W 4/10-5/15 10:30-11:30am KSU \$69

Sr. discount applies

UB BEGINNER GOLF CLINICS

A five week program for adult players new to the game of golf or those who have played for a year or two but have not had formal instruction. You will be taught how to grip, swing, drive, pitch, chip and putt. In addition, learn golf etiquette and how to properly "address the ball." This program will be offered in Fallsview Golf Club at Honor's Haven Driving Range, Ellenville. **Instructor: M. Girardi**

HF110-0514FV T 5/14-6/18 6-7pm EL \$129

SU SAILING FOR NEW SAILORS

Learn how to sail with a USCG instructor on a 27-foot Catalina Sailboat with auxiliary diesel engine. Content applicable to all sailboats and is a combination of a lecture on campus followed by two three-hour sails from White's Marina in New Hamburg. Alternate "unfavorable weather" date will be decided during lecture. Textbook fee: \$25, payable in class.

Instructor: J. Davis

NCC 2113-01 T 5/14 6-8pm KSU \$269

Sail dates: S/U 5/18 & 19

NCC 2113-02 W 6/12 6-8pm KSU \$269

Sail dates: S/U 6/15 & 16

NCC 2113-03 T 8/6 6-8pm KSU \$269

Sail dates: S/U 8/10 & 11

SU INTRO TO EXERCISE SCIENCE FOR STRENGTH TRAINING

Interested in taking a more proactive approach to your health and fitness? Then this series of lectures/discussions with hands-on demonstrations and assessments is for designed you. This course will provide an overview of muscular/skeletal anatomy, the biomechanics of how joints and muscles work and our body's physiological response to strength training and exercise. You will learn how to assess your posture, flexibility, range of motion and core strength. This course is designed to help you improve your fitness experience while staying injury-free and healthy. **Note:** Some of the functional assessments will be done on the floor. Please bring a towel or a yoga mat.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS.

NCC 2103-01 R 3/28-4/18 6-7:30pm KSU \$79

HEALTHY KNEES WORKSHOP

Chronic problems such as osteoarthritis affect nearly one third of older active adults. Osteoarthritis typically occurs as a result of poor joint mechanics. Pain and discomfort in the knee may be the result of improper movement of the hips and ankles. You will learn about the mechanics of the knee joint and its intimate relationship with the muscles of the hips and ankles, how the knee joint functions and how to perform exercises correctly to strengthen the knee. **Note:** Some of the functional assessments and exercises will be performed on the floor. Please bring a towel or a yoga mat.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

NCC 2104-01 R 4/25 6-8pm KSU \$39

CORE & LOW BACK STABILIZATION WORKSHOP

Back pain affects almost 80% of the American population and is typically due to poor mechanics of the spine as well as weak stabilization muscles. Any imbalance in the strength and flexibility of these muscles can result in undo tension, malalignment of the spine as well as pain and discomfort while performing everyday activities. You will learn about the mechanics of your spine, how your back and core muscles function together and how to perform exercises correctly for strengthening your core and low back. **Note:** Some of the functional assessments and exercises will be performed on the floor. Please bring a towel or a yoga mat.

Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS

NCC 2105-01 R 5/2 6-8pm KSU \$39

M - MONDAY • T - TUESDAY • W - WEDNESDAY • R - THURSDAY • F - FRIDAY • S - SATURDAY • U - SUNDAY