

## Health events

### Exercise

Introductory yoga classes, Basics, Beyond Beginners, Gentle, Restorative, Plasha Yoga Studio, 10 E. Fifth St. Cost: \$7 to \$90. Call 864-1114.

Aerobics by Missy, Tuesdays and Thursdays, 6 to 7:15 p.m., Eastminster Presbyterian Church, 2320 E. Lake Road. Cost: \$3. Call 825-5549.

Breakfast Bunch Walking Program for adults 18 and older, breakfast after walk, Mondays through Fridays, 8:30 a.m., Erie Center on Health and Aging, 406 Peach St. Free. Call 453-5072.

Breakfast Bunch Tai Chi and Strength Training Classes for adults 18 and older through the Erie Center on Health and Aging, Mondays, Wednesdays and Fridays, 9:30 to 10:30 a.m., classes held at Martin Luther King Center, 312 Chestnut St. Free. Call 453-5072.

Fit for Life Fitness Classes, Tuesdays from 9:30 to 10:15 a.m. with Nancy Adams. Free. Call 453-5072.

Line dancing classes with Charlyne Sebald, Thursdays, 10 to 11 a.m., Erie Center on Health and Aging, 406 Peach St. Cost: \$2. Call 453-5072.

Healthy Steps, fall prevention and home safety one-day workshops, for men and women 50 and older, offered through Erie Center on Health and Aging. Includes lunch. Free. Call Nancy Adams to schedule a workshop for your group or organization, 453-5072, Ext. 21.

Flow Yoga: Multilevel for Any Body; Active Yoga: Flow Yoga for More Challenging Postures; Gentle Yoga: Slower Paced/Restorative; free introductory yoga classes (first class always free as well), Barefoot Buddha Yoga Studio, 2225 Colonial Ave. Cost: \$4 to \$10. Call 838-0350 or visit [www.barefootbuddhayogastudio.com](http://www.barefootbuddhayogastudio.com).

Yoga fitness class, Tuesdays, 7 p.m., Willie Blanks Fitness Center, 2315 W. 12th St. Cost: \$5 per class. Call 454-0975.

Exerball class, Tuesdays, 8 a.m., Willie Blanks Fitness Center, 2315 W. 12th St. Call 454-0975.

Yogalates, Willie Blanks Fitness Center, 2315 W. 12th St. Call 454-0975.

Walking, Monday through Friday, 8:30 to 9 a.m., by Erie Center on Health & Aging, 406 Peach St., or at Gannon Recreation Center. Free. Call 453-5072.

Tai Chi/Strength, Training Monday, Wednesday and Friday, 9:30 to 10:30 a.m., Martin Luther King Center, 312 Chestnut St. Free. Call 453-5072.

Primetime Fitness, Tuesdays, 9:30 to 10:15 a.m., Erie Center on Health & Aging, 406 Peach St. Free. Call 453-5072.

Line dancing, Thursdays, 10 to 11 a.m., Erie Center on Health & Aging, 406 Peach St. Cost: \$2 per class. Call 453-5072.

Jazzercise, Mondays and Wednesdays, 5:45 p.m., Tuesdays and Thursdays, 9:30 a.m., Kuhl Hose Co. Social Hall, Route 8, Greene Township. Call 825-7196.

Kripalu Yoga Classes, Goddess Skin Care, 1360 W. 11th St. Cost: \$10 per class. Call 453-7847.

Fun and Fitness class for special needs, Mondays, 6 to 7 p.m., Erepa Grotto/Saga Club, 3828 Washington St. Cost: \$35; free for caregivers. Call 833-3419.

After-Work Water Aerobics Class, Mondays, Tuesdays and Thursdays, 5:30 to 6:30 p.m., Villa Maria Center pool, 2551 W. Eighth St. Cost: \$6 per class or \$50 for 10 classes. Call 838-5451, Ext. 229.

Tai Chi, Mondays and Thursdays, 5:30 to 6 p.m., Whole Life Health and Education Center. Cost: \$35 per month. Call to sign up.

Head-to-Toe Yoga, Wednesdays, 4:30 p.m., Hamot Wellness Center. Cost: \$5. Call to sign up.

Boot Camp high-energy drills, Fridays, 5:15 to 6 p.m., Hamot Wellness Center. Cost: \$5; group fitness package available. Designed for all fitness levels. Call to sign up.

Tai Chi classes Tuesdays, 1 p.m., and Thursdays, 6 p.m., Bethany Lutheran Congregation of Luther Memorial, 254 E. 10th St. Half-hour classes led by Ed Matthews. Cost: \$5 per person. Call 456-6254.

Total Fitness conditioning classes for people age 60 and older Mondays, 9 or 10 a.m.; Tuesdays, 8:45 a.m.; and Fridays, 8:30 or 9:30 a.m., Mercy Center on Aging, 444 E. Grandview Blvd. Cost: \$3 per class. Call 824-2214.

Pilates on the mat, Tuesdays, 5:30 to 6:30 p.m., and Thursdays, 5:15 to 6 p.m., Hamot Wellness Center. \$5 per class. Call to sign up.

Cardio Circuit, Tuesdays, 12:10 to 12:40 p.m., Hamot Wellness Center. Call to sign up.

Aerobics and Strength Classes, Tuesdays and Thursdays, 6 to 7:15 p.m., Belle Valley Fire Department Social Hall, 1514 Norcross Road. Cost: \$3 per class. Call 875-3229.

Pilates, Yoga and Fitness Ball classes, Mondays through Sundays, Nautilus Fitness & Racquet Club, 2312 W. 15th St. Cost for nonmembers: \$8 per class or five for \$32. Call 459-3033.

Silver Sneakers I Muscular Strength Class, Tuesdays and Thursdays, 9:15 to 10 a.m., Hamot Wellness Center. Cost: \$5 for nonmembers, free for center and Highmark members. Call to sign up.

Stroller Class, Tuesdays and Thursdays, 9:15 a.m., and Wednesdays, 6:15 a.m., Millcreek Mall. Call 452-6441.

Full-Figure Fitness Classes, YMCA, 31 W. 10th St. Call 452-3261, Ext. 228.

Sibling Classes, third Saturday of alternating months, 10 to 11:30 a.m., Titusville Area Hospital. 406 W. Oak St., Titusville. Free. Call (800) 950-1851, Ext. 548.

Understanding Relationships Classes for women; various times for Girard, Union City and Corry residents. All classes, sponsored by Mercy Center for Women, are free. Call 455-4577.

Yoga Classes for women with certified yoga teacher, Mondays, 5:30 to 7 p.m., White Tara Yoga, 1132 W. Ninth St. Cost: \$45 for six-week session. Call 452-4098.

Simply Lite by Jazzercise, Tuesdays and Thursdays, 8 a.m. Cost: \$25 per month. Call 835-0244.

Team Dance by Jazzercise, Saturdays, 11 a.m. to noon. Cost: \$25 per month. Call 835-0244.

Staying Fit, strength, cardio and flexibility classes, Tuesdays, 6:30 to 7:30 p.m., Union City Senior Center, 27 Johnson St. Call 438-7203.

Step N' Sculpt, Tuesdays and Thursdays at 4:45 p.m., Hamot Wellness Center. Call to sign up.

Cardiac Fitness Club & Family Support Program exercise program, Mondays, Tuesdays and Thursdays, 5:30 p.m., Emerson-Gridley School, 816 N. Park Ave. Call 453-4767.

Clinician's Day Saturdays, 1 to 4 p.m., Whole Life Health and Education Center. Services offered by the center's practitioners. Call 833-7333.

MS Swim Program, Gertrude A. Barber National Institute pool, 100 Barber Place. Participants have choice of two of four classes offered at various times throughout the week. Free. Doctor's note required stating that the person is able to participate in an aquatics program. Call 878-4071.

Stott Pilates, Mondays and Fridays, 11 a.m., and Wednesdays, 1 p.m., Marguerite's Academy of Dance, 4433 West Ridge Road. Call 833-7553.

Mat Pilates, Wednesdays, noon, Hamot Wellness Center. Call to sign up.

Battlefield soldiers to focus on the new century and new period of the new shoulder the historic mission of the main line, the contemporary Chinese soldiers to the international changes in the macro-environment be measured by their actual actions, the answer of the contemporary China is determined to soldier and the ability to defend state sovereignty and national interests, and in winning future high-tech local wars under the condition that the current public focus.

Diversity Introduction - Edinburgh:

Bayaer own ranch in the lawn Shen Menglan hospitality sister-in-law, Zhixi rainy, sunny, land value yuan, Liu Ya pool, Kang Kai also meet from time; Chi Mei Ching Lu Ya see beautiful, and Kang Kai inseparable, Kang Kai, it would be great Zuoyi: I do not know how many of you in the end sister? If emerge again, you may become the garden of Jia Baoyu the Wonderland. land value and Chenmenglan yuan pleasant park to walk on the lawn, described miss this. Lu Shen said the voice said: If Kang Kai and Lu Ya pool as a right, then we become more than one good two!

Bingbing Chu interview PANG Cheng-Kung reports in the national defense after the headlines in the training base and caused a great reaction; Bingbing Chu s mother saw her daughter reported seeing a mistaken PANG Cheng-gong, soliciting his wife Chu Huaihai views and actively encourage contacts daughter bold. Nandu Mission Command, and chief of staff of Xiao Kang Kai Yuet is studying different books to combat plans, preparing to fight the LTTE sternly league Aoji.

Diversity Introduction - Dijiuji:

Luya Youxinrufen pool while their own fiance, a Colombian their own justice; She played really hope that their respective levels, and this is not to attempt against each other. She turned to agitate the Romance of the Three Kingdoms , which would give the wolf Gekangkai hit upon an idea to write a note, even entrusted Bingbing Chu Kang Kai book brought together, suggesting Kangkaili Romance of the Three Kingdoms and bootlegging on the Jiangan dollars. Kang Kai been inspired to create false programmes to mobilize the red side, although the chief of staff of the Red River Tian Qing doubt, but with the intervention of Song Wei-ping, the Red Army deployment chaotic and Naoteng night, failing fighters.

Bingbing Chu Kang Kai want close to conducting interviews on Hong Xiao Yue took the opportunity to interview; Xiao Chu asked a strong Red Army offensive, the blue force What is the mentality? Xiao answer is: the rabbit bites is also the urgency. Moreover, we are crying wolf, a group of nandu.

Diversity Introduction - Diqiji:

Whether from the LTTE Mission strength to equipment than nandu Mission powerful, sophisticated, but 321 Division Commander Song Wei-ping are worried that if the LTTE Mission failure or glitches in the 321 division brigade to the list, based on the effort Hongmenyan dinner red, blue two officers, and invited yuan value of the land, rainy Qingheliuya pool, pull up a kinship network, and to talk about your; softening of the two sides, making Kai Kang deeply easy way to fight so hard .

Banquet, red and blue on both sides than the official Jin; tiger-head PANG Cheng-Kung Zuidao, Langtou drunk Kang Kai Although there is no more formidable than Pang drunk. Lu reminded the yuan value sentence daughter Luya pool, Accor pool found in the woods firing squad Kang Kai, and personally Kang pistol pressure over bullets.

Diversity Introduction - 10 sets:

Base-dispatch hall, Chu Lu and Huaihai yuan value, and other leading closely watching big screen live both in the red and blue field of dynamic exercise: PANG Cheng-Gong has been the advance troops of the 60 kilometers, and Kai Kang The only major advance of 10 km, will commence in 1372 Heights, preparation and PANG Cheng-gong fight a war of attrition.

Base field hospital, Liuya Bingbing Chu Chi and cotton while on the job front fighting forecast; land to the ice on the habits of the prairie wolf, prairie wolf again how as a totem of their own to worship.

Tigers Mission PANG Cheng-gong, Liangmenghui command post in the front-line analysis of the situation seriously, the two wings of positive change for the strike after attacking Vol operational plans, and the fastest speed J9 tanks will be transferred to the Second Battalion of man-made mound Hill. At the same time, nandu Mission Kang Kai, Xiao Yue also on the analysis of the intention to Pang, made in response. Chu Huaihai in Song Wei-ping,

accompanied by the front-line fighting side-camera inspection, data collection exercise; Chu climbed a hill to see man-made mound, we understand that the course of action Pang; on the Chu Wei said: We take the concept Hulangcheng The war, but here in private-level.n

Diversity Introduction - Dibaji:

Kang Kai Liu Ya pool together with the children recalled the past, when a couple in the shepherd crying wolf, threatened to cry Xiaoya pool, a well-off from a distance riding Ben Lai Kai Xiaoya pool will be rescued; Since then, Hangge Kang Kai Ya pool is the eyes of the hero. Accor Hangge pool is still very much hope that is a big hero, she pressed the pistol bullets handed Kang Kai, encouraged him to discard all family relations, proceeding from reality and ready to fight this war not on the plan. Mei Qing too sensitive to worry about whether her husband Kang Kai Ya pool to move hearts, Hong Mei told: I believe that your husband, I would use a normal way to fight this confrontational exercise.

## About the Author

From [www.goerie.com](http://www.goerie.com):

Information on using Tai Chi exercise for arthritis. The practice of Tai Chi is a gentle martial arts exercise with origins.

Imagine doing all this while getting the exercise and relaxation you need on a daily basis for health. And then there is the cultivation.

Tai Chi is an ancient martial art, one that was practiced for centuries in China as an exercise known as Tai Chi Exercise, a martial.

Tai Chi, this slow, graceful Chinese exercise program can increase strength and muscle tone, enhanced range of motion and flexibility, and improved.

Tai Chi and seniors exercise for seniors fitness, balance and flexibility.

Tai Chi form Paintings This site contains paintings and brush Drawings inspired by Tai Chi exercise, Tai Chi Sword, and yang style Tai Chi. tai chi exercise.

Reading about Tai Chi exercises is one thing have a look at these Tai Chi photos to get an idea of what it looks like.

Tai chi exercises muscles in areas of your body that may have been neglected. An evaluation of the effects of Tai Chi exercise on physical.

Source: <http://www.productsherbal.com>