

## Programs

### Wellness for the Community

The Ridgefield Recreation Center with local groups, are working together to provide a diverse health education series. Monthly topics may include nutrition, diabetes, osteoporosis, breast and prostate cancer and heart disease. These evenings will be **FREE** of charge and held at the Ridgefield Recreation Center.

### Chair Massage

Ten, fifteen and twenty-minute massages are available for \$12, \$18 and \$24.

*Gift certificates are also available.*

**Mondays 4:00-6:00 pm**

**Thursdays 9:30-11:30 am**

There will be no massage offered during the summer months.

### Waist Not, Want Not: Weight Loss Without Dieting

This course includes information to help you bridge the gap between healthy eating, weight, self-image, stress and dieting. Free food tasting included!

**Dates: April 19, 2007**

**Time: 7:00 - 8:30 pm**

**Fee: \$38 (\$28 for Recreation Center member)**

Offered by: Renee Simon, M.S., C.N.S., Certified Clinical Nutritionist

### New Approaches to Cleanse Your Total Body

Learn how to detoxify Your Body for Improved Energy & Health.

**Date: May 1, 2006**

**Time: 7:00 - 8:30 pm**

**Fee: \$38 (\$28 for Recreation Center member)**

Offered by: Renee Simon, M.S., C.N.S., Certified Clinical Nutritionist

### Building a Family Wellness Program

Learn what you can do to build an in-home program for your family. Learn how to choose the best foods for energy, stress reduction and brainpower.

**Dates: May 17, 2007**

**Time: 7:00 - 9:00 pm**

**Fee: \$38 (\$28 for Recreation Center member)**

Offered by: Renee Simon, M.S., C.N.S., Certified Clinical Nutritionist

### Pilates 101

Try this safe and effective way to lengthen and strengthen your entire body with emphasis on the back and abdominal muscles. You'll also improve overall flexibility, posture and learn proper breathing techniques.

**Session 1**      **Dates: March 17 – April 28, 2007 no class 4/21**

**Session 2**      **Dates: May 5 – June 16, 2007 no class 5/26**

**Time: 10:30 – 11:30 am**

**Fee: \$101 (\$81 for Recreation Center member)**

### Radiant Yoga

Adult Yoga for all levels is specifically designed for awareness of one's spinal alignment, flexibility of joints and strength of the entire muscular system. Classes are offered:

**Mondays**      **9:15 - 10:15 am**

**Tuesdays**      **8:00 - 9:00 am**

**Wednesdays**      **6:30 - 7:30 pm**

**Fridays**      **8:00 - 9:00 pm**

**Saturdays**      **9:15 - 10:30 am**

**Fee: \$101 (\$81 for Recreation Center member)**

**\$243 for 18-punch card**

**purchase (\$183 for Recreation Center member)**

Offered by: Renee Simon, M.S., C.N.S., Certified Clinical Nutritionist