

Ongoing Classes



Tai Chi

Thurs 6-7:10PM

[More Info/Register](#)

Tai Chi/Qigong Fundamentals

Weds 6-7:10PM

[More Info/Register](#)

Focus on Wu/Hao Style

Weds 6-7:10PM

[More Info/Register](#)



Hatha Yoga

Tuesdays 6-7:15PM

Fridays 8-9:15AM

[More Info/Register](#)

Gentle Yoga

Thursdays 4:30-5:45PM

[More Info/Register](#)



Discount Promotion for Fitness Series Coming Up!

50% off these great fitness classes!

Cardio Circuit

Get some valuable cardio mixed up with weight training and stretching. This is exactly what your heart needs to stay healthy.

Mat Pilates

Strengthen your core and get in tune with your spinal alignment. You'll feel stronger and stronger in each class.

Pilates/Strength Training

This class is a mix of Pilates and strength training. It's a great way to start off the week.

Call to register and get your discount!

FALL CLASSES

MELT by the Book w/Sandy Brady, Certified Instructor

Free Intro class, Wednesday 4:30-5:45 PM, 10/18

Try our free intro class to see if MELT is right for you. [Register here](#)

Then continue your learning by registering for the 4-class series.

Wednesday 4:30-5:45 PM, 10/25, 11/1, 11/8 & 11/15

We will focus on the moves in the best-selling book, *The MELT Method* by Sue Hitzmann. [Register here](#)

Healthy Gut, Healthy Life w/Howard Jacobson, MPH, PhD

2-class series, Friday 5:00-6:30 PM, 10/20 & 10/27

Science has recently discovered the importance of our gut microbiome - the trillions of tiny critters that live in our digestive tract and do most of the heavy lifting of our digestion. [Register here](#)

Meditation w/Jon Seskevich, RN, BSN, BA, CHTP

Saturday 4:00-6:30 PM, 11/18

Jon will present a meditation workshop for healing (improving quality of life and physical functioning) and resiliency (the ability to bounce back from stress, illness and life changes). [Register here](#)

Special Event

Chanting w/Jon Seskevich

Saturday 7:00-9:00 PM, 11/18

Let the power of sound, vibrations and love release you from your worldly concerns and physical discomforts. No singing, chanting, or musical ability needed! [Register here](#)

Senior Fitness

Tuesdays 11-11:55AM
Thursdays 11-11:55AM
[More Info/Register](#)

Pilates/Strength Training

Tuesdays 10-10:55AM
[More Info/Register](#)

Cardio Circuit

Tuesdays 12:15-1:05PM
[More Info/Register](#)

Mat Pilates

Thursdays 12-12:55PM
[More Info/Register](#)

Personal Training

([Partner Personal Training](#),
[Fitness Training](#),
[Rehab Training](#))

WHS Quick Links



Help WHS get the word out!
Please review us on Yelp
and/or Google+.

Instructors and Practitioners

Melanie Dean, M.Sc.,CSCS
[Website](#)

Dr. Jay Dunbar
[Website](#)

Howard Jacobson, PhD
[Website](#)

Betsy Templeton
Certified Instructor
[Website](#)

Stewart Walker, LMBT
[Website](#)



WELLNESS ARTICLES

Up to 40 Percent Decrease of Nutrients in Our Food

Dr. Mercola

Story at-a-glance

-Generations of farming reliant on the use of chemicals has rendered American farm ground sterile and literally lifeless, unable to hold either nutrients or water, a problem the U.N. says is a grave threat to human health.

-Soil experts are realizing that bare ground between rows of crops increases not just topsoil erosion, but fertilizer and other chemical runoff into water supplies, while others are examining the implications of CO2's role in declining nutrition.

-Researchers have begun fighting harmful bacteria, such as salmonella, by spreading bacteria on crops as a way to prevent regular outbreaks of food poisoning from tomatoes grown on the East Coast.

-Three recent historical food composition data studies found that as much as 40 percent and even more of minerals in plant-based foods have been depleted by substandard soil.

Politico tells about a young generational farmer, Jonathan Cobb, who'd made the difficult decision to quit farming. Using increasing amounts of chemical herbicides and fertilizers, "planting row upon row of corn on 3,000 acres ... was becoming rote and joyless."¹

While job hunting one day, he happened to stop at the local U.S. Department of Agriculture office in his Texas town to pick up paperwork. The staff there happened to be conducting a training session and doing a demonstration on healthy and unhealthy soils. The side-by-side comparison contrasted the startling difference:

"A clump of soil from a heavily tilled and cropped field was dropped into a wire mesh basket at the top of a glass cylinder filled with water. At the same time, a clump of soil from a pasture that grew a variety of plants and grasses and hadn't been disturbed for years was dropped into another wire mesh basket in an identical glass cylinder.

The tilled soil - similar to the dry, brown soil on Cobb's farm - dissolved in water like dust. The soil from the pasture stayed together in a clump, keeping its structure and soaking up the water like a sponge."

Cobb realized he was seeing not just an exhibit on soil types, but the potential for a new farming philosophy and made the instant decision to stay on his farm "and be part of that paradigm shift." Trending in agriculture today is a new viewpoint that may be turning from a push for productivity to one that emphasizes the environment and human health. **[\(read more\)](#)**

Gratitude For The Health of It

Fitness & Wellness News - by Michelle Sutton-Kerchner

Don't wait until Thanksgiving. National Gratitude Day reminds us we can be thankful year-round ...



Although an exact cause-and-effect between gratitude and improved health is not clear, it does exist. Research in the field of positive psychology continues to grow, with a focus on gratitude's impact on physical and emotional well-being.

Those who live in gratitude follow that trendy phrase, "Happiness is not about having what you want but wanting what you have." Productive, successful people strive to achieve everything from six-pack abs to a six-figure salary. Yet, the happiest among them are those who are still A-Okay with a little extra chub around their middle and a little less chub in their wallet. Those grateful folks tend to be happier and healthier, regardless.

Healthy Perks for the Grateful

A study published in *Personality and Individual Differences* found grateful people tended to exercise more. They also experienced fewer aches and pains, and reported feeling overall healthier, than those who did not regularly practice gratitude. (This is likely the combined outcome of exercising more along with those thankful feelings.) They tend to practice better self-care and follow up with physician exams when needed. ([read more](#))

OCTOBER 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
2	3 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	4	5 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	6 8-9:15AM Yoga 7
9	10 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	11	12 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	13 8-9:15AM Yoga 14
16	17 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	18 4:30-5:45PM Intro MELT 6-7:10PM Fundamentals	19 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	20 8-9:15AM Yoga 5-6:30PM Healthy Gut 21
23	24 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	25	26	27 8-9:15AM Yoga 5-6:30PM Healthy Gut 28
30	31 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga			

NOVEMBER 2017 CALENDAR

MON	TUES	WEDS	THURS	FRI/SAT
		1 4:30-5:45PM MELT Book 6-7:10PM Fundamentals	2 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	3 8-9:15AM Yoga <hr/> 4
6	7 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	8 4:30-5:45PM MELT Book 6-7:10PM Fundamentals	9 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	10 8-9:15AM Yoga <hr/> 11
13	14 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	15 4:30-5:45PM MELT Book 6-7:10PM Fundamentals	16 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	17 8-9:15AM Yoga <hr/> 18 4-6:30PM Meditation 7-9PM Chanting
20	21 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	22 6-7:10PM Focus	23 THANKSGIVING DAY! NO CLASSES	24 NO YOGA <hr/> 25
27	28 10-10:55AM Pilates/Strength 11-11:55AM Sr. Fitness 12:15-1:05PM Cardio Circuit 6-7:15PM Yoga	29 6-7:10PM Focus	30 11-11:55AM Sr. Fitness 12-12:55PM Mat Pilates 4:30-5:45PM Gentle Yoga 6-7:10PM Tai Chi	