

Highgate Newtown Community Centre

Exercise classes



Chi Kung: Mondays 9.30-10.30am

Led by **Leanne Finn-Davis**, this class is now open to all ages and is held at **KTCC (Kentish Town Community Centre), 17 Busby Place, London NW5 2SP.**

Chi Kung (or Qi Gong) originating in China, a powerful, gentle, health exercise, is based on repetitions of precise sets of movements, which aim to promote the movement of Qi (energy) in the body, benefiting our health on many different levels.

We are normally in a standing position, but can sit down for all or part of the session

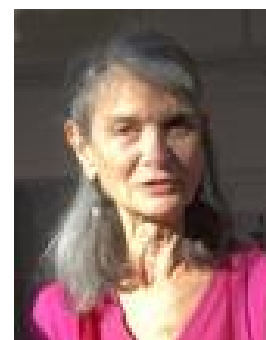
NB this class is no longer supported by HNCC's shared donation scheme and students are currently asked to pay £5+



Circle Dance: Tuesdays 10-11am

Led by **Eve Corrin**, venue: **Harry Rice Hall, 72-74 Hargrave Park, N19 5JN**

Circle Dance draws on the rich and diverse traditional dances of countries from all around the world; the Balkans, Greece, Russia, the Ukraine, and Israel, and our group has a growing repertoire of varied dances, both lively and meditative. Our sessions are good exercise, but we also experience a sense of well-being and community.*



Lishi Yoga: Tuesdays 11am-12noon

Led by **Vicky Whyte**, at **Ingestre Community Centre, Ingestre Rd, NW5 1UX**

Lishi Yoga comes from China and is a physical practice of ancient science and philosophy, based on the flowing movements and philosophy of Daoism. It introduces us to a wide range of exercises that strengthen different aspects of our mind and body. We warm the body up, do gentle stretching and breathing exercises, and we begin to feel ourselves getting better, and becoming more relaxed, calmer, and more confident.

This class is now part of the Wellness Cafe project and is offered free of charge to participants.



Pilates: Thursdays 9.30-10.30am

Led by **Tamar Swade**, venue: **Harry Rice Hall, 72-74 Hargrave Park, N19 5JN**

Pilates is a form of low-impact exercise that aims to strengthen muscles while improving postural alignment and flexibility. There is an emphasis on the core, but all areas of the body are worked, with slow, precise movements and breath control. Tamar asks which areas of the body we would particularly like to work on in this session. We begin with standing warm-up exercises, then go down on the mats, and are guided through a range of floor exercises, resting whenever we need to.*



Classes are funded by individual donations of £1-£5 for each class, which are paid into HNCC's current account to support payment of tutor fees.

www.hnca.org.uk