

Got bored kids? Sample a sampler

October 1, 2009

What: Kids' Wellness Sampler -- Zumba, Yoga, Hip-Hop Aerobics and Nia

Where: Creative 360 (formerly Creative Spirit Center) at 1517 Bayliss in Midland.

When: 11 to noon, Saturdays in October -- 10, 17, 24, 31

Cost: \$45

For more information: Call (989) 837-1885 or visit www.bcreative360.org

Midland -- Parents with children who complain that they are bored and there's nothing new to do might want to give them the "Kids' Wellness Sampler" experience hosted at Creative 360 (formerly Creative Spirit Center), 1517 Bayliss.

Two instructors will team up to present a month of Saturday morning feel-good exercise samplers. Stephanie Ciriha, a certified personal coach and former engineer at Dow Chemical, and Alejandra Gallegos, a contemporary and tango dancer for more than 20 years and a native of Argentina, will alternate teaching the four weeks of the sampler.

The sessions are open to ages 7 to 14 and run from 11 am to noon.

The schedule is as follows:

- * October 10, Hip-Hop Aerobics with Gallegos features street moves to favorite hip-hop/rap songs. The hip-hop culture began in New York City in the 1970s with lots of Jamaican influence, and remains popular.
- * October 17, Zumba with Ciriha combines Latin rhythms and easy-to-follow moves resulting in a party atmosphere. It began in Colombia, South America, in the mid-1990s and today is one of the fastest-growing aerobic fitness programs in the world.

- * October 24, Yoga with Gallegos offers stretching that results in a relaxed feeling. Hatha yoga began in India in 900 BCE and teaches a series of deliberate, meditative postures as a form of exercise.
- * October 31, Nia with Ciriha! will find the youths turning movement into a fascinating story using their imagination and music. Begun in 1983, Nia blends movements from the dance arts (jazz, modern), martial arts (tai chi, tae kwon do) and healing arts (yoga) in an expressive flow.

Ciriha! says the benefits of the sampler are for youths “to learn to enjoy moving their bodies with no pressure to perform, and to start building healthy habits for life, with a different activity each week.”

The cost is \$45. To register, call (989) 837-1885 or go online at www.becreative360.org.

About Creative 360

Creative 360, formerly known as Creative Spirit Center, is a not-for-profit community arts and wellness organization founded in 1994. The Center’s mission is to create an environment for people of all ages to experience the creative process through ongoing classes, art exhibits, events, concerts, and outreach programs; and its goal is to enhance the development of physical, mental and spiritual wellness through the arts and humanities. Visit www.becreative360.org for more information about the fall roster at Creative 360, or call (989) 837-1885 to request a mailed copy.

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