

WINTER HEALTH AND FITNESS BROCHURE 2019

Yoga, Pilates, Tai Chi, Seniors, & Specialty Fitness

PLEASE NOTE: the following health and fitness classes are for participants 13 years and older unless noted.

5026.100 MOM AND ME YOGA (Kids 3-10 years)

Class is for children between the ages of 3 to 10 years old explore the enchanting world of yoga with Mom (or Dad!) by your side! This playful class will include an introduction to yoga poses to develop strong and healthy bodies, as well as relaxation techniques where the kids learn to center and calm themselves. You will share lots of giggles and hugs with partner exercises designed to build confidence in a non-competitive environment.

Equipment Needed: Your own yoga mat

Instructor: Rebecca Santillo certified yoga instructor

Date: 1/26-3/9 for 7 weeks

Class Time: Saturdays 12:00-12:30 PM

Location: Room 16

Fee: \$42

5001.100 PRENATAL YOGA

A gentle practice designed to help women prepare both physically and emotionally for childbirth. Asana are specifically designed to build both strength and stamina. Relaxation techniques are used to help you bond with your baby and enjoy this special time of your life. Experience the fellowship and support of other pregnant women while nourishing yourself and unborn child. Bring a mat, blanket, pillow, and water bottle. Class fee can be adjusted for those who will be delivering their babies before the end of the session.

Equipment Needed: Your own yoga mat

Instructor: Rebecca Santillo certified yoga instructor

Date: 1/26-3/9 for 7 weeks

Class Time: Saturdays 10:30-11:45 AM

Location: Room 16

Fee: \$42 (class can be pro-rated depending on due date)

5020.101 EARLY MORNING YOGA

Challenge your body with a different yoga practice each day. Using a variety of equipment to shake up your yoga routine. Workout early and get it done. The rest of the day is yours to enjoy! All levels welcome!

Equipment Needed: Your own yoga mat

Instructor: Sue Schade, certified yoga instructor

Class Time: Mon., Wed. & Fri. 5:30-6:45 AM

Date: 1/14-3/8 no class 1/21, 2/18

Location: Room 15

Fee: \$120 for 3 days, \$90 for 2 days, \$48 for 1 day

NEW!!! 5003.101 YOGA FUNDAMENTALS

Traditional yoga poses, breathing practices, guided relaxation, and guided meditation are instructed and demonstrated in detail for beginners as well as for non-beginners and experienced yogis desiring to review, reset, deepen, or resume their practices. Hands-on assists and individual attention are available if wanted.

Equipment Needed: Your own yoga mat

Instructor: Jocelyn Burke certified yoga instructor

Class Time: Thursdays 5:30-6:30 PM

Date: 1/17-3/7 for 8 weeks

Location: Room 14

Fee: \$48

5003.100 VINYASA SLOW FLOW YOGA

Sun Salutations and sequences of linked poses are moved through mindfully at a slow pace synchronized with breathing. Other traditional yoga poses are practiced as a warm-up before and as a cool-down after the moving sequences. The practice is opened and completed with breathing practice, relaxation, and meditation. Modifications, alternatives, and props are demonstrated to accommodate all levels of experience and abilities.

Saturdays 9:00-10:15 AM

Equipment Needed: Your own yoga mat

Instructor: Jocelyn Burke certified yoga instructor

Date: 1/19-3/9 for 8 weeks

Location: Room 16

Fee: \$48

GENTLE YOGA & MEDITATION

A nurturing, healing yoga experience for the beginner student or those needing some relaxation and ease in their life. Basic yoga postures and breathing are taught in a gentle way to help students release deep tension and stress from their bodies and minds.

Equipment Needed: Your own yoga mat

5005.102 Mondays 11:00-12:15 PM

Instructor: Christina Casavina certified yoga instructor

Date: 1/14-3/4 for 6 weeks, no class 1/21, 2/18

Location: Room 15

Fee: \$36

5005.101 Gentle Yoga & Meditation Thursdays 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

Date: 1/17-3/7 for 8 weeks

Location: Room 16

Fee: \$48

5023.100 YOGA STRETCH WITH FOAM ROLLING AND RESTORATIVE POSES

Using foam roller to remove the stored-up density and toxins in the tissues and specifically the fascia. Adding gentle yoga movements for extended periods of time with props to assist in helping you hold poses longer. Giving you all the benefits of deep passive stretching and healthy tissue from foam rolling

Equipment Needed: Your own yoga mat

Instructor: Sue Schade certified yoga instructor

Date: 1/18-3/8 for 8 weeks

Class Time: Fridays 5:15-6:30 PM

Location: Meet in room 15 then outside

Fee: \$48

5022.101 YOGA: FORM & SLOW FLOW

Learn and feel in your body the alignment of the classical Yoga poses. With core awareness and spinal length, and tuning into breath, we work to strengthen bones and muscles for stability, while being patient and mindful allowing the flexibility to come and feel expansive.

Instructor: Kellie received her Yoga Therapy Certificate in 2017 and her intention is to educate anatomical movement while meeting people exactly where they are in their personal practice. E-RYT, C-IAYT

Dates: 1/15-3/5 for 8 weeks

Class Time: Tuesdays 7:00-8:00 PM

Location: Room 6

Fee: \$48

5006.100 YOGA BASICS FRIDAYS-Rebecca

***Class is for Beginners**

An all-levels yoga class that includes classical poses and basic breathing techniques. Learn more about foundations of the postures, healthy alignment and relaxation. Something for everyone! Students are encouraged to work at their own pace.

Equipment Needed: Your own yoga mat

Instructor: Rebecca Santillo certified yoga instructor

Date: 1/25-3/15 for 8 weeks

Class Time: Fridays 9:30-10:45 AM

Location: Room 14

Fee: \$48

5006.101 BASIC YOGA MONDAYS-Zorayda

Come and enjoy the benefits of breathing awareness, yoga poses, and guided relaxation. Learn to listen to your own body as it guides you to develop the yoga practice that is right for you. Emphasis will be on feeling the poses, connecting to your breath and your body, and letting go of an 'ideal' of how each pose is supposed to look like.

Equipment Needed: Your own yoga mat
Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Date: 1/14-3/4 for 6 weeks, no class 1/21, 2/18
Class Time: Mondays 9:30-10:45 AM
Location: Room 14
Fee: \$36

5007.102 MINDFUL YOGA

Take time to attune to your body. Through the use of props, self-massage, breathing exercises, relaxation, and meditation, you will to a slow-graded increase in the level of intensity, to get the most benefit from your yoga practice, regardless of your perceived level of flexibility.

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Class Time: Tuesdays 5:30-6:45PM
Date: 1/15-3/5 for 8 weeks
Location: Room 15
Fee: \$48

NEW!!! 5006.102 YOGA FOR “NOT FLEXIBLE PEOPLE”

If you have been thinking about yoga but believe "I am not flexible enough to do yoga", THIS IS THE CLASS FOR YOU! Drawn from her Occupational Therapy background and her extensive yoga training, Zorayda Cocchi will guide you to use props, modifications and assists to get the best out of your practice, regardless of your perceived level of flexibility. Come and experience the multiple benefits of yoga in a supportive environment. YOUR body, YOUR choice, YOUR practice.

Equipment Needed: Your own yoga mat
Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Date: 1/16-3/6 for 8 weeks
Class Time: Wednesdays 11:20-12:20 PM
Location: Room 14
Fee: \$48

THERAPEUTIC YOGA

Drawn from her Occupational Therapy background and her yoga training, Zorayda's therapeutic yoga includes the use of props, self-massage, breathing exercises, relaxation, and meditation. Poses are built from the least challenging to a slow-graded increase in the level of intensity. Poses are modified so that each student benefits regardless of his perceived physical condition. All are welcome.

5007.100 Mondays 7:00-8:15 PM
Date: 1/14-3/11 for 8 weeks No Class: 2/25
Location: Room 15
Fee: \$48
5007.101 Wednesdays 7:00-8:15PM
Date: 1/16-3/6 for 8 weeks
Location: Room 15
Fee: \$48

5009.100 POWER YOGA

Energetic, vigorous practice that blends sweat and flexibility in a class that thoroughly tones the body and disciplines the mind.

**This is an advanced class* Equipment Needed: Your own yoga mat

Instructor: Sue Schade, yoga certified instructor
Date: 1/14-3/11 for 8 weeks No Class 2/25
Class Time: Mondays 5:15-6:30 PM
Location: Room 15
Fee: \$48

5007.103 SELF-AWAKENING YOGA

Awaken your body's inner intelligence. Discover what works for you through the experience of developmental movement, individual alignment, breath awareness, stillness, gravity, body scanning, differentiation, and non-judgmental self-awareness. Learn to listen to your body. Open mind set required... body flexibility optional!

Equipment Needed: Your own yoga mat. Bring a blanket and/or pillow (optional).

Instructor: Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor
Date: 1/16-3/6 for 8 weeks
Class Time: Wednesday 8:00-9:15AM
Location: Room 14
Fee: \$48

5013.100 MIXED LEVEL YOGA

A yoga class designed for all levels. This practice is focused on expressing the asana (postures from the inside out). Breath work and meditation will be included. Based on the principles of Iyengar yoga, this therapeutic yoga will open your heart and align your body to its greatest potential.

Instructor: Christina Casavina, certified yoga instructor

Date: 1/16-3/6 for 8 weeks

Class Time: Wednesdays 9:30-10:45 AM

Location: Room 14

Fee: \$48

5018.100 CHAIR YOGA

This gentle yoga class will ease you into the world of yoga, whatever your age and ability. CHAIR YOGA is designed for seniors and persons with physical limitations. Students will have the opportunity to come out of the chair onto a yoga mat if they choose, but this will not be mandatory. Every class will include deep breathing exercises and final relaxation. Come see what yoga can do for you!

Equipment Needed: Your own yoga mat (only needed if you can get up and down from the floor otherwise you can use the chair for the whole class)

Instructor: Lauren Henrici, RYT, Yoga Fit certified instructor

Date: 1/15-3/7 no class 2/12

Class Time: Tuesdays & Thursdays 1:00-1:45 PM

Location: Room 16

Fee: \$40

5030.101 POWER PILATES

Experience the grace and power of Pilates. Get strong and balanced, long and lean. Fresh and exciting. Different props will be used each week to challenge the whole body while we build the core.

Equipment Needed: Your own yoga mat

Instructor: Beth Ferraris IM=X Pilates and Barre certified instructor

Class Time: Tuesdays 5:15-6:00 PM

Date: 1/15-3/5 for 8 weeks

Location: Room 16

Fee: \$48

5012.102 TOTAL BARRE TRAINING

Sculpt your body using a barre, small ball, foam roller, weights and tubing. Experience a moving mix of pilates principles, dance and strength training while concentrating on smaller postural muscles and the fascia system. A total body workout!

Equipment Needed: Please bring your own mat.

Instructor: Linda Roy, STOTT Pilates certified instructor

Class Time: Wednesdays 5:10-5:55 PM

Date: 1/16-3/6 for 8 weeks

Location: Room 16

Fee: \$48

5100.100 TAI CHI CH'UAN

"Relaxed physical movement with a peaceful but focused mind"

D.C.R. Tai Chi is an excellent internal exercise combined with external movement for men and women of all ages and physical abilities. The early effect of Tai Chi is lowering of blood pressure and stress reduction due to the relaxed, gentle movements of the Tai Chi form.

Instructor: Central CT Tai Chi Ch'uan

Date: 1/15-3/5 for 8 weeks

Class Time: Tuesday 7:00-8:00 PM

Location: Room 16

Fee: \$55

STRENGTH TRAINING AT CHOATE ROSEMARY HALL'S FITNESS CENTER

Get a personalized strength training program. Sue will design a program based on your goals and will supervise and guide you through your workout. You can't beat what you get out of this program: a personalized workout plan, Sue's expertise and guidance, and use of Choate's state-of-the-art fitness center for a great price!!! You will make use of free weights, nautilus, and cardio equipment (treadmills, bicycles, ellipticals, stair climbers, etc.) Instructor: Sue Schade

5101.101 Session Tuesdays & Thursdays 8:00-9:30 AM

Date: 1/15-3/7 for 8 weeks no class 2/12
Location: Choate Rosemary Hall's Fitness Center
Fee: \$65
5101.102 Session Tuesdays & Thursdays 9:30-11:00 AM
Date: 1/15-3/7 for 8 weeks no class 2/12
Location: Choate Rosemary Hall's Fitness Center
Fee: \$65

5102.100 EARLY MORNING STRIDERS (walking)

Enjoy the beautiful streets of our Winter Wonderland while getting fresh air and exercise. A great way to exercise and meet new and old friends.

Wallingford Schools Cancellation or Delays, there will not be any Striders.

Please leave your pets home.

Instructor: Mary Nieves

Date: 1/14-3/8 No Class 1/21 2/18

Class Time: Mon., Wed., and Fri. 6:00-7:00 AM

Location: Walk starts at Simpson Court at the Wishing Well (Corner of North Main St. and Center St.) Parking available.

Fee: \$10

5103.100 ARTHRITIS FOUNDATION EXERCISE PROGRAM

This class is a program of specialized exercises promoting range of motion, flexibility and relaxation enhancing the quality of life.

Instructor: Elaine Doherty, Arthritis Foundation Certified

Date: 1/2 -1/23 for 4 weeks No Class 1/21

Class Time: Monday and Wednesdays and 12:30-1:30 PM

Location: Wallingford Senior Center

Fee: \$10

5105.100 SWING SHIFT

This class is designed for the active senior. Move and step to your favorite music as you improve your cardiovascular health. Strength and balance exercises also included for complete fitness. This class will keep you moving and keep you doing the activities you love to do! Class is for 50+ Adult

Instructor: Stacey Bobbit Mondays, Gwen Silloway Wednesdays and Fridays, AFAA and ACE certified instructors

Date: 1/14-3/8, no class 1/21,2/18

Class Time: Mon., Wed., & Fri. 10:20-11:05 AM

Location: Room 16

Fee: \$25

5106.100 BABY BOOMER BOOGIE

Move over Zumba Gold....Baby Boomer Boogie is a fun cardio dance fitness class that incorporates the best of today's and yesterday's favorite music hits. Get your heart pumping and spirits soaring with easy to follow dance movements. Top it off with some strength work and balance challenges and you have a TOTAL body workout!

Instructor: Lauren Henrici AFAA certified instructor

Date: 1/15-3/7 no class 2/12

Class Time: Tues. & Thurs. 12:05 - 12:50 PM

Location: Room 16

Fee: \$20

5106.105 BOOGIE BLAST

Boogie Blast is an exercise class based on easy to follow dance steps and movements. It is designed to give you a full body workout while moving to music that makes you want to dance! Come move with us and discover how dancing with friends just might be the most enjoyable exercise ever!!

Instructor: Stacey Bobbit certified instructor

Date: 1/16-3/6 for 8 weeks

Class Time: Wednesdays 5:15-6:00 PM

Location: Room 15

Fee: \$15

Fitness Classes

NOTE: The multi-class credit discount has been eliminated

5500.100 P90X LIVE MONDAY AND FRIDAY FUN (strength, cardio)

I will lead you through different workouts which will use resistance and body-weight training, cardio, plyometrics, ab work, yoga and more! Come have fun with your friends and enjoy the P90X format on Mondays and a surprise workout on Fridays. All exercises can be modified so this is a workout for everybody

Instructor: Jess Holloway AFAA certified instructor

Date: 1/14-3/8 no class 1/21, 2/18 for 7 weeks

Class Time: Mon. & Fri. 5:45-6:30 AM

Location: Room 16

Fee: \$42

5528.100 EARLY MORNING PUMP (strength, cardio)

An overall body-pumping workout; strengthening and defining every major muscle group using a combination of handheld weights, barbells and our own body weight

Instructor: Jess Holloway AFAA certified instructor

Date: 1/15-3/7 for 8 weeks no class 2/12

Class Time: Tues. & Thurs. 5:45-6:30 AM

Location: Room 16

Fee: \$45

5501.100 MORNING MOTIVATORS (strength, cardio)

Morning Motivators offers a variety of fitness classes over 3 days of the week. Each day will have a general area of focus with plenty of variety and challenge to keep it fun, motivating and getting you fit.

Mondays will incorporate using a high intensity interval training class utilizing the Metafit and MetaPwr format with Stephen Stern, Wednesdays is core, balance, and strength, Fridays is circuits, strength, and cardio with Gwen. All fitness levels welcome!

Instructor: Certified Instructors Stephen Stern and Gwen Silloway ACE (teaches W+F)

Dates: 1/14-3/8 for 8 weeks no class 1/21, 2/18

Class Time: Mon., Wed., & Fri. (9:30-10:15 AM)

Location: Room 16

Fee: \$66 for 3 days, \$48 for 2 days, \$26 for 1 day

HARDCORE (strength, cardio)

Hardcore is an energetic intense total body workout that challenges all major muscle groups while using a variety of weighted equipment to strength and define our core. Overall you will increase your flexibility and balance. All levels welcome

Instructor: Sue Moreschi ACE certified instructor

5519.100 Mondays 5:30-6:15 PM

Date: 1/14-3/4 for 8 weeks

Location: Room 16

Fee: \$26

5519.101 Thursdays 5:15-6:00 PM

Date: 1/17-3/7 for 8 weeks

Location: Room 16

Fee: \$26

5503.100 Cardio Dance and Tone

Spice up your exercise program with this fun, high-energy class which combines aerobics with Hip-Hop and funk dance moves as well as various dance styles including salsa, swing, country, disco and more! Additionally we will combine the use of light hand weights and various equipment including stability balls, step risers, and/or chairs with dance aerobic moves resulting in an amazing new way to get a great cardio workout! Fun and easy routines are designed for all levels of ability and intensity.

Instructor: Cheryl Myers Zumba and NETA certified instructor

Date: 1/14-3/4 for 8 weeks

Class Time: Mondays 8:00-8:45 PM

Location: Room 16

Fee: \$26

5521.100 HIIT TRAINING (strength, cardio)

HIIT is a high intensity interval training session that is designed to help you meet your fitness goals. Short bursts of all out effort followed by recovery. Format will vary from Tabata, Bootcamp, and Circuit Training formats. We get in get out and get it done Be ready to sweat! All levels welcome.

Instructor: Sue Moreschi ACE certified instructor

Date: 1/14-3/4 for 8 weeks

Class Time: Mondays 6:20-7:05 PM

Location: Room 16

Fee: \$26

5507.101 WORK IT CIRCUITS (strength, cardio)

During this high energy class, we will execute short intervals of various fitness exercises. A variety of cardio, strength and core training equipment will be utilized weekly. All fitness levels welcome.

Instructor: Gwen Silloway ACE certified instructor

Date: 1/15-3/5 for 8 weeks

Class Time: Tuesdays 6:05-6:50 PM

Location: Room 16

Fee: \$26

5029.100 CORE DE FORCE (cardio)

Get ready to fight! Punch, kick and twist your way to a stronger mind and core. You will feel like you can take on the world after this workout!

Instructor: Kristie Miller, AFAA certified Instructor

Date: 1/16-3/6 for 8 weeks

Class Time: Wednesdays 6:00pm–6:45pm

Location: Room 16

Fee: \$26

5522.101 CARDIO FUSION (cardio, strength)

Is a moderate to high intensity mixed self-challenging full body workout that will burn calories! Cardio drills fused with strength, endurance and core. Be ready to sweat! All levels welcome!

Instructor: Sue Moreschi ACE certified instructor

Date: 1/17-3/7 for 8 weeks

Class Time: Thursdays 6:05-6:50 PM

Location: Room 16

Fee: \$26

5519.102 POWER PUMP (strength)

This is a full body weight training class which challenges all major muscle groups fusing powerful strength training techniques. Increase core strength, stability and burn calories...A great way to start a weekend!

Instructor: Sue Moreschi ACE certified instructor

Date: 1/19-3/9 for 8 weeks

Class Time: Saturday's 8:00-8:45 AM

Location: Room 16

Fee: \$26

NEW 5525.101 SCULPTING THE NEXT STEP (fitness, tone)

Sculpting your body in a new, refreshing and exciting way using many different props. The cutting edge on safe body sculpting!

Instructor: Vicky Hamelin AFAA certified instructor

Date: 1/18-3/8 for 8 weeks

Class Time: Fridays 5:15-6:15 PM

Location: Room 16

Fee: \$26

ZUMBA!®

The Zumba® program fuses hypnotic Latin & International rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class.

5510.100 ZUMBA MONDAYS 7:10-7:55 PM

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: 1/14-3/4 for 8 weeks

Location: Room 16

Fee: \$26

5510.103 ZUMBA WEDNESDAYS 7:30-8:30 PM

Instructor: Fee Adams, AFAA and Zumba certified instructor

Date: 1/16-3/6 for 8 weeks

Location: Room 16

Fee: \$26

5510.105 ZUMBA THURSDAYS 5:30-6:15 PM

Instructor: Becky Fusco certified Zumba instructor

Date: 1/17-3/7 for 8 weeks

Location: Room 15

Fee: \$26

5510.106 ZUMBA THURSDAYS 7:00-7:45PM

Instructor: Lisa Wasylean certified Zumba instructor

Date: 1/17-3/7 for 8 weeks

Location: Room 15

Fee: \$26