

WINTER HEALTH AND FITNESS BROCHURE 2020

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

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

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: 1/18-3/7 for 8 weeks

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

Location: Room 16

Fee: \$48 (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: 1/13-3/6 for 7 weeks no class 1/20, 2/12, 2/17

Location: Room 15

Fee: \$105 for 3 days, \$77 for 2 days, \$42 for 1 day

NEW!!! 5020.102 AFTERNOON GENTLE YOGA

Class will focus on releasing tension, connecting with the breath and working on balance. Gain back strength and flexibility. All levels welcome

Equipment Needed: Your own yoga mat

Instructor: Sue Schade, certified yoga instructor

Class Time: Tuesdays 2:15-3:15 PM

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

Location: Room 16

Fee: \$48

5025.100 MEN'S YOGA

Through form, foundation, movement and breathwork, we will begin to find optimum flexibility to lengthen, as well as strengthen, the muscles in your body. If you've ever said, I'm not flexible ... or you're looking to improve your golf, tennis, or just have a better balance, or wondered what Yoga might have to offer you ... This class is for you. Come and explore the power on the mat. All levels welcome!!

Instructor: Christina Casavina certified yoga instructor

Class Time: Thursdays 6:45-8:00 PM

Date: 1/16-3/5 for 8 weeks

Location: Room 15

Fee: \$48

5003.101 VINYASA YOGA

An Active class that synchronizes breath with movement. Gain stability, flexibility, strength and increased breath capacity. Modifications are always shown.

Equipment Needed: Your own yoga mat

Instructor: Cathy Dean certified yoga instructor

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

Date: 1/16-3/5 for 8 weeks

Location: Room 6

Fee: \$48

5006.100 ALL LEVELS YOGA

This yoga class blends movement, meditation and breath and will leave you feeling relaxed yet invigorated. Whether you are new to yoga or a more seasoned practitioner, modifications will be offered and the use of props will be encouraged. Gain flexibility and strength while decreasing stress and tension. Feel more fully alive!

Equipment Needed: Your own yoga mat

Instructor: Rebecca Santillo certified yoga instructor

Class Time: Saturdays 9:00-10:15 AM

Date: 1/18-3/7 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: 1/13-3/2 for 6 weeks no class 1/20, 2/17

Location: Room 15

Fee: \$36

5005.101 Thursdays 9:30-10:45 AM

Instructor: Christina Casavina certified yoga instructor

Date: 1/16-3/5 for 8 weeks

Location: Room 16

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: 1/13-3/2 for 6 weeks no class 1/20, 2/17

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

Location: Room 14

Fee: \$36

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: 1/17-3/6 for 8 weeks

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

Location: Room 14

Fee: \$48

NEW!!! 5003.100 ACTIVE VINYASA YOGA

An energetic class that links your breath to your asana's (poses). Gain strength and flexibility as you flow from pose to pose. Modifications are always shown

Equipment Needed: Your own yoga mat

Instructor: Cathy Dean, yoga certified instructor

Date: 1/13-3/2 for 8 weeks

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

Location: Room 15

Fee: \$48

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: 1/14-3/3 for 8 weeks

Location: Room 15

Fee: \$48

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: 1/15-3/4 for 7 weeks no class 2/12

Class Time: Wednesdays 11:20-12:20 PM

Location: Room 16

Fee: \$42

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.

Equipment Needed: Your own yoga mat.

5007.100 Mondays 7:00-8:15 PM

Date: 1/13-3/9 for 8 weeks No class 2/24

Location: Room 15

Fee: \$48

5007.103 Wednesdays 7:00-8:15PM

Date: 1/15-3/4 for 8 weeks

Location: Room 15

Fee: \$48

5007.101 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: 1/15-3/4 for 7 weeks no class 2/12

Class Time: Wednesday 8:00-9:15AM

Location: Room 16

Fee: \$42

5013.100 MIXED LEVEL YOGA

A hatha 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.

Equipment Needed: Your own yoga mat.

Instructor: Christina Casavina, certified yoga instructor

Date: 1/15-3/4 for 7 weeks no class 2/12

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

Location: Room 14

Fee: \$42

NEW!!! 5021.101 CORE YOGA

This is an all levels class. We will use breathwork, form and foundation of yoga poses, and very specific core work to strengthen and stabilize, moving from the core and back into the entire body. Explore the possibilities of what more you can learn about these amazing bodies of ours!

Equipment Needed: Your own yoga mat.

Instructor: Christina Casavina certified yoga instructor

Date: 1/17-3/6 for 8 weeks

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

Location: Room 15

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 with 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: 1/14-3/5 for 8 weeks

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

Location: Room 16

Fee: \$50

5030.101 MIND/BODY MIX

Something different every week! Pilates inspired core strength one week, yoga inspired stretch and power next. Class will include different props each week...stability balls light weights, resistance tubes etc.

Equipment Needed: Your own yoga mat

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

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

Date: 1/14-3/3 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 5:10-5:55PM

Date: 1/15-3/4 for 8 weeks

Location: Room 15

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: 1/14-3/3 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 super- vise 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 Tuesdays and Gwen Silloway ACE Thursdays

5101.101 Session Tuesdays & Thurs- days 8:00-9:30 AM

Date: 1/14-3/5 for 8 weeks

Location: Choate Rosemary Hall's Fitness Center

Fee: \$65

5101.102 Session Tuesdays & Thursdays 9:30-11:00 AM

Date: 1/14-3/5 for 8 weeks

Location: Choate Rosemary Hall's Fitness Center

Fee: \$65

5102.100 EARLY MORNING STRIDERS

Join a group of winter warriors to walk through the historic streets of Wallingford. Please wear reflective wear or bring along a flashlight for safety. Please leave your pets home.

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

Instructor: Mary Nieves

Date: 1/13-3/6 No Class: 1/20, 2/12, 2/17

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: 1/6-1/29 for 4 weeks

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

Location: Wallingford Senior Center

Fee: \$10

5105.100 SWING SHIFT (50+ years old)

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, Chery Myers Wednesday, Gwen Silloway Fridays

Date: 1/13-3/6 no class 1/20, 2/12, 2/17

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

Location: Room 16

Fee: \$30

5106.100 BABY BOOMER BOOGIE (50+ years old)

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: 1/14-3/5 for 8 weeks

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

Location: Room 16

Fee: \$25

5106.105 BOOGIE BLAST (50+ years old)

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: 1/15-3/4 for 8 weeks

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

Location: Room 16

Fee: \$20

Fitness Classes

5500.100 P90X BEACH BODY BLAST

On Mondays, you will power through a full-body strength and cardio workout to reach your fitness goals with Beachbody's P90X LIVE. Friday class will feature Beachbody's newest program- Transform Live. We will use a step to ramp up calorie burn with a high-intensity cardio-conditioning class.

Instructor: Jess Holloway AFAA certified instructor

Date: 1/13-3/6 for 7 weeks, no class 1/20, 2/17

Class Time: Mon. & Fri. 5:30-6:15 AM

Location: Room 16

Fee: \$42

5528.100 EARLY MORNING PUMP

Start your day off right with EARLY MORNING PUMP. We will tone all major muscle groups using a combination of handheld weights, barbells and our own body **Instructor:** Jess Holloway AFAA certified instructor

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

Class Time: Tues. & Thurs. 5:30-6:15 AM

Location: Room 16

Fee: \$48

5501.100 MORNING MOTIVATORS

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 Variety with Cheryl, Fridays is Circuits with Gwen. All fitness levels welcome!

Instructor: Certified Instructors Stephen Stern Monday, Cheryl Myers Wednesday and Gwen Silloway Friday

Dates: 1/13-3/6 8 weeks No Class 1/20, 2/12, 2/17

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

5510.101 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
Class Time: Mondays 8:00-8:45 PM
Dates: 1/13-3/2 for 8 weeks
Location: Room 16
Fee: \$26

NEW!!! 5522.101 WINTER-VAL TRAINING

This is a challenging total body cardio, strength, endurance and core workout! Intervals at various levels including modifications. All levels encouraged!

Instructor: Sue Moreschi ACE certified instructor
Class Time: Thursdays 6:05-6:50 PM
Date: 1/16-3/5 for 8 weeks
Location: Room 16
Fee: \$26

5519 POWEROLOGY

Full body weight training class which challenge all of the major muscle groups fusing powerful strength training techniques. Increase core strength, stability and burn calories. All levels encouraged!

Instructor: Sue Moreschi ACE certified instructor
5519.100 Mondays 5:30-6:15 PM
Date: 1/13-3/2 for 8 weeks
Location: Room 16
Fee: \$26

5519.105 Thursdays 5:15-6:00 PM

Date: 1/16-3/5 for 8 weeks
Location: Room 16
Fee: \$26

5519.102 Saturdays 8:00-8:45 AM

Date: 1/18-3/7 for 8 weeks
Location: Room 16
Fee: \$26

5521.100 POST HOLIDAY/PRE SPRING HIIT

Warm up this winter....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. Be ready to sweat! All levels are welcome!

Instructor: Sue Moreschi ACE certified instructor
Date: 1/13-3/2 for 8 weeks
Class Time: Mondays 6:20-7:05 PM
Location: Room 16
Fee: \$26

5517.100 POUND®

Calling all fitness rebels!! If you want something different, this is the class for you.

POUND® is a cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Instead of listening to the music, you become the music. It's a full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Using drumsticks or Ripsticks (lightly weighted drumsticks) you connect each strike to the beat. You will challenge your body and mind in this exhilarating cardio jam session. All levels welcome!

Instructor: Penny Delahanty ACE and Pound certified instructor
Date: 1/16-3/5 for 8 weeks
Class Time: Tuesdays 6:05-6:55PM
Location: Room 16
Fee: \$26

NEW!!! 5029.100 TOTAL BODY TRAINING

Challenge yourself with this interval workout that will bring your heart rate up with cardio and strength work!

Instructor: Kristie Miller, AFAA certified Instructor

Date: 1/15-3/4 for 8 weeks

Class Time: Wednesdays 6:00pm–6:45pm

Location: Room 16

Fee: \$26

NEW!!! 5525.101 INTERVAL TRAINING

This class will alternate basic intense cardio work with intense strength conditioning for a total body work out. Using bands, balls, tubing and more.

Availability: Monday, Tuesday and Friday evening only. Thursday am only. d more. Improve muscle strength, toning, increased bone density and more.

Instructor: Vicky Hamelin AFAA certified instructor

Date: 1/17-3/6 for 8 weeks

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

Location: Room 16

Fee: \$26

5510 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.

.100 ZUMBA MONDAYS 7:10-7:55 PM

Instructor: Cheryl Myers Zumba and NETA certified instructor

Dates: 1/13-3/2 for 8 weeks

Location: Room 16

Fee: \$26

.103 ZUMBA WEDNESDAYS 7:30-8:30 PM

Instructor: Fee Adams, AFAA and Zumba certified instructor

Date: 1/15-3/4 for 8 weeks

Location: Room 16

Fee: \$26

.107 ZUMBA THURSDAYS 5:30-6:15 PM

Instructor: Becky Fusco certified Zumba instructor

Date: 1/16-3/5 for 8 weeks

Location: Room 15

Fee: \$26

.106 ZUMBA THURSDAYS 7:00-7:45 PM

Instructor: Lisa Wasylean certified Zumba instructor

Date: 1/16-3/5 for 8 weeks

Location: Room 16

Fee: \$26

