

# WINTER HEALTH AND FITNESS BROCHURE 2021

## **5810.100 BASIC YOGA (Virtual Zoom Class)**

A Yoga class that flows at a perfect pace for all those who would like to continue with their practice. Strengthen the mind/body connection by linking breath with a series of dynamic postures that will improve your flexibility and strength. All levels welcome.

**Instructor:** Sue Schade certified yoga instructor

**Class Time:** 6:00-7:00 PM Tuesdays and Thursdays

**Dates:** 1/12-3/4 for 8 weeks

**Location:** Online Zoom

Fee: \$85

## **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:** 1/11-3/1 for 6 weeks , no class 1/18, 2/15

**Location:** Room 16

Fee: \$38

### **5005.101 Thursdays 9:30-10:45 AM**

**Instructor:** Christina Casavina certified yoga instructor

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

**Location:** Room 16

Fee: \$50

## **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

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

**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

**Date:** 1/11-3/1 for 6 weeks , no class 1/18, 2/15

**Location:** Room 15

Fee: \$38

## **5003.100 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

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

**Date:** 1/11-3/1 for 8 weeks

**Location:** Room 15

Fee: \$50

## **5007.101 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.

**Instructor:** Zorayda Cocchi OTR/L, RYT 500, CYKT certified yoga instructor

**Class Time:** Wednesdays 7:00-8:15 PM

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

**Location:** Room 15

**Fee:** \$50

### **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:** 1/13-3/3 for 8 weeks

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

**Location:** Room 16

**Fee:** \$50

### **5012.101 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:** 1/13-3/3 for 8 weeks

**Location:** Room 16

**Fee:** \$50

### **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:** Chery Myers

**Class Time:** Wednesdays and Fridays 10:20-11:05 AM

**Date:** 1/13-3/5 no class 2/12

**Location:** Gym

**Fee:** \$35

## **Fitness Classes**

### **5820.100 POWER UP YOUR MORNING (VIRTUAL ZOOM CLASS)**

3 classes and 3 different formats to get keep you motivated and getting a great workout! Mondays will be P-90X Format -you will power through a full-body strength and cardio workout to reach your fitness goals. Hand-held weights are optional. Wednesdays will be Cardio Kickboxing. We will use a mix of kickboxing and simple dance moves set to heart pounding dance music to ramp up our fitness. No equipment necessary. Fridays will be Transform format which is a high-intensity cardio-conditioning class. Step is optional. All levels welcome

**Instructor:** Jess Holloway AFAA certified instructor

**Class Time:** Mon. Wed. & Fri. 6:00-6:45 AM

**Date:** 1/11-3/5

**Location:** Online Zoom

**Fee:** \$80

### **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

**Date:** 1/12-3/4 for 8 weeks

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

**Location:** Room 16

**Fee:** \$55

### **5800.101 ZOOM-ZOOM!!!**

**Instructor:** Stacey Bobbitt

**Class Time:** 10:30-11:10 AM on Mondays 1/11-3/1 for 7 weeks no class 1/18 (Cardio Fitness Dance class)

Come join us for a moderately paced dance fitness class for people of all ages. A fun workout to all types of music!

**Fee:** \$26

### **5810.101 TOTAL TONING (VIRTUAL ZOOM CLASS)**

Strength, cardio or any combination for a fun and effective workout. We'll do a variety of cardio drills and resistance training exercises designed to challenge and improve cardio and muscular strength while maintaining a strong core. Please have a chair, hand weights (if you don't have weights soup cans or water bottles) and a mat. Let's get strong together! All levels welcome.

**Instructor:** Sue Schade and Stacey Bobbit

**Class Time** Tuesday and Thursdays 8:00-9:00 AM

**Date:** 1/12-3/4 for 8 weeks

**Location:** Virtual online zoom class

**Fee:** \$55

### **5519.100 HARDCORE**

Full body weight training class which will challenge all of the major muscle groups utilizing powerful strength training techniques. Increase core strength, stability and burn calories! All levels welcome! Sign up for multiple days for best results! **Instructor:** Sue Moreschi ACE certified instructor

**Date:** 1/11-3/1 for 8 weeks

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

**Location:** Room 16

**Fee:** \$30

### **5522.101 CARDIO BLAST**

Is an intenser "active" cross training and total body workout sure to include all elements of fitness: cardio, strength, flexibility, and balance! Challenging intervals of cardio/strength fusion at various levels using weighted equipment, props, and body weight. Modifications provided, all are welcome!

**Instructor:** Sue Moreschi ACE certified instructor

**Class Time:** Tuesdays 6:00-6:45 PM

**Date:** 1/12-3/2 for 8 weeks

**Location:** Room 16

**Fee:** \$30

### **5012.102 MUSCLE CHALLENGE**

Muscle challenge- total body strength training with a variety of equipment. Something different each week, for a challenge.

**Instructor:** Linda Roy

**Class Time:** Wednesdays 6:05-6:50 PM

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

**Location:** Room 16

**Fee:** \$30

### **5519.102 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

**Class Time:** Sundays 9:00-9:45 AM

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

**Location:** Room 16

**Fee:** \$30

## **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

**Date:** 1/11-3/1 for 8 weeks

**Location:** Room 16

**Fee:** \$30

### **.102 ZUMBA WEDNESDAYS 7:30-8:30 PM**

**Instructor:** Fee Adams, AFAA and Zumba certified instructor

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

**Location:** Room 16

**Fee:** \$30

### **.106 ZUMBA THURSDAYS 5:20-6:05 PM**

**Instructor:** Becky Fusco certified Zumba instructor

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

**Location:** Room 15

**Fee:** \$30

### **.104 ZUMBA THURSDAYS 7:15-8:00 PM**

**Instructor:** Lisa Wasylean certified Zumba instructor

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

**Location:** Room 16

**Fee:** \$30