

## SPRING HEALTH AND FITNESS PROGRAMS 2021

### 5507. FITNESS IN NATURE

Come enjoy the new feeling of Spring! Embrace the beauty of Mother Nature and the many benefits of exercising outdoors. Fresh air, vitamin D and natural sounds surround us as we increase our cardiovascular endurance and challenge the upper, lower, whole body each day. One day each week we'll really target the core so bring a mat, blanket or towel. Resistance bands provided or bring your own for strength training.

This group meetup is great for all fitness levels with modifications for more or less intensity provided. (Please bring water and wear a raincoat when needed. We will meet unless the weather is extreme.)

Instructor: Gwen Silloway ACE certified fitness instructor

**Class Time:** Tuesdays & Thursdays 10:00-10:45am

**.200 Session 1:** 3/9-4/22 for 7 weeks **Fee:** \$50

**.201 Session 2:** 4/27-6/17 for 8 weeks **Fee:** \$55

**Location:** @ Quinnipiac River Linear Trail main parking lot

### 5810. 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

**.200 Session 1:** 3/9-4/22 for 7 weeks **Fee:** \$75

**.201 Session 2:** 4/27-6/17 for 8 weeks **Fee:** \$85

**Location:** Online Zoom

### 5005. 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

**5005.202 Mondays 11:00-12:15 PM**

**Instructor:** Christina Casavina certified yoga instructor

**.201 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$44

**.202 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$44

**Location:** Room 15

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

**Instructor:** Christina Casavina certified yoga instructor

**.203 Session 1:** 3/11-4/22 for 7 weeks **Fee:** \$44

**.204 Session 2:** 4/29-6/17 for 8 weeks **Fee:** \$50

**Location:** Room 16

### 5006. 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

**.201 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$44

**.202 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$44

**Location:** Room 15

### 5003. 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

**.200 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$44

**.201 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$44

**Location:** Room 15

### **5007. 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

**.204 Session 1:** 3/10-4/21 for 7 weeks **Fee:** \$44

**.205 Session 2:** 4/28-6/16 for 8 weeks **Fee:** \$50

**Location:** Room 15

### **5013. 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

**.200 Session 1:** 3/10-4/21 for 7 weeks **Fee:** \$44

**.201 Session 2:** 4/28-6/16 for 8 weeks **Fee:** \$50

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

**Location:** Room 15

### **5012. 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

**.200 Session 1:** 3/10-4/21 for 7 weeks **Fee:** \$44

**.201 Session 2:** 4/28-6/16 for 8 weeks **Fee:** \$50

**Location:** Room 16

### **5105. 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

**.200 Session 1:** 3/10-4/23 no class 4/2 **Fee:** \$35

**.201 Session 2:** 4/28-6/18 **Fee:** \$35

**Location:** Gym

## **Fitness Classes**

### **5820. 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

**.200 Session 1:** 3/8-4/23 for 7 weeks, no class 4/2 **Fee:** \$75

**.201 Session 2:** 4/26-6/18 for 8 weeks, no class 5/31 **Fee:** \$80

**Location:** Online Zoom

### **5528. 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

**.200 Session 1:** 3/9-4/22 for 7 weeks **Fee:** \$50

**.201 Session 2:** 4/27-6/17 for 8 weeks **Fee:** \$55

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

**Location:** Room 16

### **5800. ZOOM-ZOOM!!!** (Cardio Fitness Dance class)

**Instructor:** Stacey Bobbitt

**Class Time:** 10:30-11:10 AM on Mondays 5/11-6/29

**.200 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$26

**.201 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$26

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

### **5810. 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. Fee: \$40

**Instructor:** Sue Schade and Stacey Bobbitt instructors

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

**.201 Session 1:** 3/9-4/22 for 7 weeks **Fee:** \$50

**.202 Session 2:** 4/27-6/17 for 8 weeks **Fee:** \$55

**Location:** Virtual online zoom class

### **NEW!!! 5519. STRENGTH FUSION**

Strength Fusion....full body weighted workout designed to strengthen & define all the major muscle groups. All levels welcome! results!

**Instructor:** Sue Moreschi ACE certified instructor

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

**.200 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$26

**.201 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$26

**Location:** Room 16

### **NEW!! 5522. TOTAL BODY CONDITIONING**

Total Body Conditioning....energetic moderate to high intensity self challenging total body workout. Cardio drills fused with strength and endurance intervals using resistance equipment and body weight. A great calorie burner, all are welcome!

**Instructor:** Sue Moreschi ACE certified instructor

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

**.201 Session 1:** 3/9-4/20 for 7 weeks **Fee:** \$26

**.202 Session 2:** 4/27-6/15 for 8 weeks **Fee:** \$30

**Location:** Room 16

### **5012. 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

**.202 Session 1:** 3/10-4/21 for 7 weeks **Fee:** \$26

**.203 Session 2:** 4/28-6/16 for 8 weeks **Fee:** \$30

**Location:** Room 16

**Fee:** \$30

## **5519. SUNDAY STRONG**

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

**.202 Session 1:** 3/13-4/25 for 6 weeks, no class 4/4 **Fee:** \$22

**.203 Session 2:** 5/2-6/20 for 7 weeks, no class 5/29 **Fee:** \$26

**Location:** Room 16

## **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.

## **ZUMBA MONDAYS 7:10-7:55 PM**

**Instructor:** Cheryl Myers Zumba and NETA certified instructor

**.201 Session 1:** 3/8-4/19 for 7 weeks **Fee:** \$26

**.202 Session 2:** 4/26-6/14 for 7 weeks no class 5/31 **Fee:** \$26

**Location:** Room 16

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

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

**.203 Session 1:** 3/10-4/21 for 7 weeks **Fee:** \$26

**.204 Session 2:** 4/28-6/16 for 8 weeks **Fee:** \$30

**Location:** Room 16

**Fee:** \$30

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

**Instructor:** Becky Fusco certified Zumba instructor

**.207 Session 1:** 3/11-4/22 for 7 weeks **Fee:** \$26

**.208 Session 2:** 4/29-6/17 for 8 weeks **Fee:** \$30

**Location:** Room 15

## **ZUMBA THURSDAYS 6:30-7:15 PM**

**Instructor:** Lisa Wasylean certified zumba instructor

**.205 Session 1:** 3/11-4/22 for 7 weeks **Fee:** \$26

**.206 Session 2:** 4/29-6/17 for 8 weeks **Fee:** \$30

**Location:** Room 16