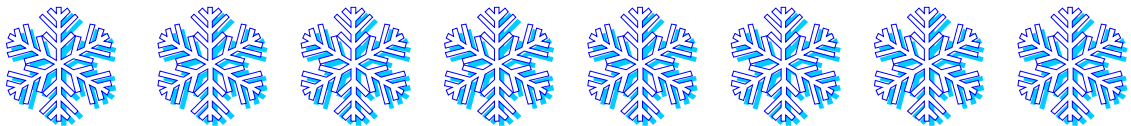


**WALLINGFORD**  
**PARKS & RECREATION DEPARTMENT**  
**WINTER 2012**  
**INTERSESSION PROGRAMS**



**Wallingford Parks &  
Recreation Department**



## SPORTS & LEAGUES

### **4045.100 Co-Ed Gymnastics • For 8mos. - 8Yrs**

Come join in the fun of recreational gymnastics under the direction of Miss Brenda and Miss Gina. These classes will provide a fun and exciting experience for participants. All programs start with the basics and move along the skill path at their own pace. All participants will receive a ribbon upon completion of a class session. Any child who participates in all 3 sessions will receive a medal at the end of the year recital. **Classes begin the week of January 9<sup>th</sup> for 6 weeks.**

### **NEW!!! Gym-Mini's: Ages 8 - 14 months**

This new class will offer toddlers and parents the opportunity to come in for some free play. Class will also have song time, parachute games and the opportunity for parent and child to have fun in a relaxed environment.

4045.102 Saturdays January 14<sup>th</sup> 9:00 - 9:45am

**Fee:** \$35 **Location:** Gymnastics Room

**Instructors:** Miss Brenda & Miss Gina

### **Tiny Tumblers: 15 months - 2 years**

Parents share in the experience with their young child. We create an atmosphere geared for physical and social activity for the participants. This open play will give your child an opportunity to play on the mats, while building skills through play to get them to the next level.

4045.103 Mondays January 9<sup>th</sup> 9:30am - 10:15am

4045.104 Tuesdays January 10<sup>th</sup> 9:30am - 10:15am

4045.105 Wednesdays January 11<sup>th</sup> 9:30am - 10:15am

4045.106 Thursdays January 12<sup>th</sup> 9:30am - 10:15am

4045.107 Saturdays January 14<sup>th</sup> 9:50am - 10:35am

**Fee:** \$45 **Location:** Gymnastics Room

**Instructors:** Miss Brenda & Miss Gina

### **Pre-School Gymnastics Classes: 3 - 4 years old without parent**

This class takes a gentle approach to the introduction of gymnastics. Participants will be introduced to gymnastics equipment, as well as learning the basics of tumbling in a fun and easy going environment.

4045.108 Mondays January 9<sup>th</sup> 10:20am - 11:05am

4045.114 Mondays January 9<sup>th</sup> 4:45pm - 5:30pm

4045.109 Tuesdays January 10<sup>th</sup> 10:20am - 11:05am

4045.101 Wednesdays January 11<sup>th</sup> 10:20am - 11:05am

4045.110 Thursdays January 12<sup>th</sup> 10:20am - 11:05am

4045.111 Saturdays January 14<sup>th</sup> 10:40am - 11:15am

**Fee:** \$45 **Location:** Gymnastics Room

**Instructors:** Miss Brenda & Miss Gina

### **Beginner Gymnastics Class: 5 - 8 years old**

In this class we will introduce your child to the skills on all of the gymnastics equipment. Your child will develop skills on the beam and bars. A small floor routine will be introduced and performed at the spring recital.

4045.112 Saturdays January 14<sup>th</sup> 11:20pm - 12:05pm

4045.113 Mondays January 9<sup>th</sup> 5:35pm - 6:20pm

**Fee:** \$45 **Location:** Gymnastics Room

**Instructors:** Miss Brenda & Miss Gina

### **4035.100 Youth Cheerleading for Ages 5 - 10yrs old**

Due to popular demand and the amazing response to our Fall program, come join Miss Gina and Miss Tanisha for a 6 week winter session. Participants will learn the basic cheers, jumps, stunts, and tumbling. Students are required to bring their team spirit, enthusiasm and hard work! Space is limited to 15 students per class.

**4035.101** Ages 5-7 Tuesdays January 10<sup>th</sup> 5:00 - 5:45pm for 6 weeks

**4035.** Ages 5-7 Tuesdays January 10<sup>th</sup> 5:45 - 6:30pm for 6 weeks

**4035.102** Ages 8-10 Tuesdays January 10<sup>th</sup> 6:30 - 7:15pm for 6 weeks

**Fee:** \$40 **Location:** Gymnastics Room

**Instructors:** Miss Gina & Miss Tanisha

## PERFORMING ARTS

### **6120.100 Little Strummers I • For 8-12yrs**

Group guitar lessons for the *absolute beginner*. The class will emphasize basic guitar fundamentals. Students will learn how to read music, chords and correct hand techniques. Must supply your own guitar. Instructor has limited supply of guitars for rental.

**When:** Wednesday 5:00 - 5:30pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$50 **Instructor:** Chris Maiocco

### **6122.100 Little Strummers II • For 8-12yrs**

*Intermediate group* guitar lessons for the continuing student who has previous playing experience. Students with prior experience will learn intermediate fundamentals with an emphasis on reading chords, notes and hand techniques. Must supply your own guitar. Instructor has limited supply of guitars for rental.

**When:** Wednesday 5:30 - 6:00pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$50 **Instructor:** Chris Maiocco

### Guitar for Teens

### **6130.101 Guitar Giants I • For 13-18 yrs**

*Beginning group* guitar lessons for the absolute beginner. Emphasis will be placed on learning and reading basic chords and notes, the parts of the guitar and correct hand techniques. Students with prior experience will learn intermediate fundamentals with an emphasis on reading chords, notes and hand techniques. Must supply your own guitar. Instructor has limited supply of guitars for rental.

**When:** Wednesdays 6:00 - 6:45pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$55 **Instructor:** Chris Maiocco

### Guitar for Adults

### **6135.100 Classic Guitar • For Adults 18+**

This class is for the *beginner adult guitar student*. A wide range of skills will be taught including a special emphasis on chords, voicing, right and left hand techniques and proper fingering. Individualized musical preference/goals will be accommodated into each lesson. Instructor has limited supply of guitars for rental.

**When:** Wednesday 7:00 - 7:45pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$55 **Instructor:** Chris Maiocco

### Keyboarding

#### **6220.100 Beginning Keyboarding Ages 8-18**

This class is to provide group keyboarding lessons for the beginning keyboarding student. The class will emphasize basic keyboarding fundamentals. Students will learn how to read music, finger placement and correct hand techniques. Keyboards will be supplied, but space is limited.

**When:** Wednesday 8:00-8:30pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$50 **Instructor:** Chris Maiocco

### Drumming

#### **6230.100 Beginning Drums Ages 8-18**

This class will provide group drum lessons for the beginning drum student. Students will be taught essential skills such as how to hold the drumsticks, how to count time, and the difference between signatures, notes and beats. Finally, reading basic sheet music will also be covered. Students will be provided with drum pads for class use only. **Sticks must be purchased by the students.**

**When:** Wednesday 8:30-9:00pm January 11<sup>th</sup> for 6 weeks

**Fee:** \$50 **Instructor:** Chris Maiocco

## ADAPTIVE RECREATION

### What class is right for you?

Our programs are now "coded" to provide information about the expectations of each class. Use the guide below to select the best programs for you.

**(B)**- For participants who are comfortable participating in social conversations and can follow multi-step directions with minimal modifications.

**(O)**- For all to attend

### How to register for programs:

- Obtain a registration form from the recreation department or by our direct mailing
- If supportive services are needed please indicate so under the "special considerations" section on the registration form
- Submit registration form to our office by mail or drop off in person. *Payment must be cash or check.*
- If you are new to our programs we encourage you to call the recreation department so we can discuss our programs and ways to ensure you have a fun and successful experience

***For further information on supportive services, in our adaptive recreation or community programs, please call the office at (203) 294-2120 to speak with Emily Swindelles, Assistant Recreation Program Specialist.***

#### **0166.100 Funny Muscles (O)**

#### **Ages 6-10 yrs**

This class may look like a traditional gymnastics class, but behind the fun lie some very important goals. This class will work on muscle motor planning, balance, self-esteem and social skills.

**When:** Wednesdays, Jan. 4<sup>th</sup> – Jan. 25<sup>th</sup>

**Time:** 6:00-6:45pm

**Instructors:** Melanie Barbieri & Stephanie Lavado

**Enrollment Limits:** Min 4, Max 8

**Location:** Gymnastics Room

**Fee:** \$35

**0102.100 Dance Power (O)****Ages 15-20yrs**

Join the fun in this dance infused fitness class. Jam anywhere from the latest Latin to Hip Hop music while getting exercise! This uniquely designed class will incorporate fun dance moves and movement that will allow your heart rate to get going at just the right pace!

**When:** Mondays, January 9<sup>th</sup> – February 13<sup>th</sup>

**Time:** 6:00-6:45pm

**Instructor:** Carolyn Lavelle

**Enrollment Limits:** Min 5, Max 10

**Location:** Exit 14      **Fee:** \$50

**0167.100 Mega Muscles (O)****Ages 11-16 yrs**

This class flows through activities that will utilize deep pressure touch and heavy muscle strength and endurance.

**When:** Wednesdays, Jan. 4<sup>th</sup> – Jan. 25<sup>th</sup>, 7:00-7:45pm

**Instructors:** Melanie Barbieri & Stephanie Lavado

**Enrollment Limits:** Min 4, Max 8

**Location:** Gymnastics Room      **Fee:** \$35

**Tranquil Way Yoga (B) (G)****All Ages**

A fun combination of adaptive yoga poses and breathing exercises to improve posture, strength, flexibility and self-awareness. Participants will be guided through each pose/exercise, using visual and auditory cues that tap into each participant's unique way of experiencing yoga.

**When:** Saturdays, January 28<sup>th</sup> – February 18<sup>th</sup>

**Session I (0108.120):** (G) 9:30-10:15am

**Session II (0108.122):** (B) 10:30-11:15am

**Instructor:** Zorayda Cocchi, OTR/L, YogaKids Cert.

**Enrollment Limits:** Min 6, Max 8

**Location:** Exit 14      **Fee:** \$40

**0130.100 Rec Club (O)****Ages 16yrs - Adult**

Be it dancing, bowling or just hanging out with friends old and new, the Rec. Club is the place to be! Each evening is themed around a special event or holiday and may include games, recreation, movies or a craft.

**When:** Ongoing, 2<sup>nd</sup> & 4<sup>th</sup> Monday, 6:30-8:30pm - Bowling: 3<sup>rd</sup> Thursday of the month, 4-6pm

**Instructors:** Cyndi & Gary Lynch

**Location:** Varies, please refer to class schedule

**Fee:** \$6 most events

**0108.101 Ice Skating (O)****All Ages**

Come and enjoy an hour of ice skating, fun and games. Skaters are paired with high school volunteers who will encourage everyone to skate and socialize. Please note that this ice rink is chilly so hats, gloves and scarves are highly recommended!

**When:** Sundays, January 8<sup>th</sup> – February 5<sup>th</sup>

**Time:** 10:45-12:00pm

**Instructors:** Cyndi & Gary Lynch

**Location:** Resmen Arena, Choate Rosemary Hall

**Fee:** \$10 per participant

☆ **Be sure to check out these programs in the spring!!**

- The Drumming Experience
- Lightning Strikes Bowling
- Book Your Memories – Scrapbooking

**WALLINGFORD ARTS AND RECREATION - COME & CREATE**

Created by a group of accomplished artists and craftspeople, our program offers a myriad of classes to suit every age group from children to adults and every level, from beginner to advanced. Students can create wonderful artworks with Pastels, Oils or Acrylics, Pencil and Pen & Ink in Fine Arts classes. Our Craft department offers exciting classes in glass painting, seasonal crafts, quilts, jewelry making, basket weaving, scrap booking, family activities, and ever changing new offerings every season. Our staff members are professionally trained artists. They include award winners and a recipient of the Fine Arts fellowship grant from the CT Commission of Culture & Tourism. Their art is often seen exhibited in a number of prestigious art shows in the region.

**7023.100 Fine Art Workshop for Adults – Drawing & Painting**

Come and create! For the intermediate or beginner artist – individual instruction in a workshop setting. Bring your current project or bring the materials you have and a magazine quality photograph to work from. Acrylics, oils and watercolors welcome. Structured instruction in basic drawing and brushwork for beginners.

**Enrollment Limits:** Min 9 / Max 15

**Mondays:** 6:30pm – 8:30pm for 8 weeks January 9<sup>th</sup> – February 27<sup>th</sup>, 2012

**Fee:** \$63      **Location:** Exit 7A

**Instructor:** Kathy Smits

PAGES 6 - 15

WINTER 2012 HEALTH & FITNESS

PROGRAMS

# Wallingford Parks & Recreation Health & Fitness Winter Brochure 2012

## Yoga, Pilates, Tai Chi, Seniors, Kids Fitness and Specialty Fitness Section

### **5135.110 Zumbatomic ® ages 8-12**

Hey kids, this is a ZUMBA class just for you! This fitness class applies the basics of the ZUMBA program and transforms it into a fun, age appropriate program for children aged 8-12. Kids love to crank up the music, dance, shake, and have a blast with their friends, so why not get fit while they're at it? Join the party this spring!

Instructor: Elaine Laydon certified AFAA instructor and licensed Zumba instructor

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

Class Time: 5:05 - 5:50pm

Price: \$25

Location: Exit #15

### **5300.101 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: Lauren Henrici, RYT, yoga fit certified instructor

Date: 1/21-3/10 for 8 weeks

Class Time: Saturdays 11:15-12:15 PM

Location: Exit #16

Price: \$45

### **5031.101 Early Morning Yoga Power**

Start your day with a powerful workout. Challenge your ability to increase your strength and flexibility. The rest of the day is yours to enjoy. Class is for all levels.

Equipment Needed: Your own yoga mat

Instructor: Sue Schade, certified yoga instructor

Class Time: Monday, Wednesdays and Fridays 5:45-6:45 AM

**Date: 1/18-3/9 for weeks, no class 2/10, 2/20 for 7 weeks**

**Location: Exit #16**

Price: \$105

### **5300.100 Yoga Flow**

This multi-level class builds on the basic yoga postures (asanas) and links them together with breath awareness to create a dynamic and challenging flow. Students will enjoy the benefits of increased muscular strength, as well as flexibility and balance. You will leave class feeling both energized and peaceful. All levels welcome!

Equipment Needed: Your own yoga mat

Instructor: Lauren Henrici, RYT, yoga fit certified instructor

Date: 1/21-3/10 for 8 weeks

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

Location: Exit #16

Price: \$45

### **5034.100 Open Flow Yoga**

For those wanting a little more out of their yoga practice. Open flow yoga offers mindful challenge time to explore and deepen poses, conscious breathing, and increased energy and focus. Class can be vigorous at times so some yoga experience is helpful, or people that have good stamina.

Note: this is a vigorous class.

Equipment Needed: Your own yoga mat

Instructor: Sally Noel has been teaching yoga since 1998 in the hatha yoga tradition. With advanced certification in teaching and yoga therapy. Sally brings a wealth of knowledge and intuition to her classes. She's owned Raven's Wing Yoga Studio in Branford since 2004.

Date: 1/23-3/5 for 6 weeks no class 2/20

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

Location: Exit #15

Price: \$35

### **5023.100 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

Instructor: Christina Casavina certified yoga instructor

Date: 1/23-3/5 for 6 weeks no class 2/20

Class Time: Mondays 11:00-12:00 PM

Location: Exit #15

Price: \$35

### **5032.100 Moderate Yoga**

An all levels yoga class balancing opening yoga stretches and poses with more dynamic sequences to help strengthen balance, increase energy and flexibility. Something for everybody! Students encouraged to work at their own pace.

Equipment Needed: Your own yoga mat Optional: Bring your yoga mat.

Instructor: Sally Noel has been teaching yoga since 1998 in the hatha yoga tradition. With advanced certification in teaching and yoga therapy. Sally brings a wealth of knowledge and intuition to her classes. She's owned Raven's Wing Yoga Studio in Branford since 2004.

Date: 1/20-3/9 for 7 weeks, no class 2/10

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

Location: Exit #6

Price: \$35

### **5031.100 Yoga Power**

Power Yoga is a high energy total body workout. This class will combine fitness training with stress release in a single workout. The flowing of breathing and movement enables you to increase strength, flexibility, stamina and concentration. Energy levels are improved and the mind left calm and focused.

Equipment Needed: Your own yoga mat

Instructor: Sue Schade, yoga certified instructor

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

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

**Location: Exit #15**

Price: \$45

**NEW!!! 5031.103 Iron Yoga**

Super sculpt your body from head to toe while using weights in yoga postures. You'll also improve your balance, flexibility, and concentration too! It's a complete workout that is a total body workout!

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

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

Location: Exit #15

Price: \$45

**Classic Hatha Yoga**

Calming, Refreshing, Centering, Uplifting. Learn to Listen to Your Body with Yoga, a Balance for Body, Mind and Spirit, giving you Better Health, Energy, Focus, and Flexibility. All are welcome for everyone to do at their own level. Classes include a Variety of Postures and Exercises in the Classical Style, with a Meditative focus. We will be Slowing down the Body and Quieting the Mind. Also included are Breathing Awareness, Stretching, Relaxation Techniques, Guided Meditation, Deep Relaxation, and more. Starting slow and building within each class and from class to class. Best not to eat 2hrs prior.

Equipment Needed: Your own yoga mat, Optional: Small pillow.

Instructor: Barbara DeSapio, certified yoga instructor, Yoga Practioner since 1971, teaching in CT since 1997

5025.101 Thursdays 7:15-8:30 PM

Date: 1/26-3/8 for 7 weeks

Location: Exit #6

Price: \$40

**5500.100 Chakra Yoga**

The Chakra yoga series will introduce the 7 seven energy centers of the body. Each offering will focus on that specific center integrating postures and breath to help restore balance. Multi-level. Come re-fresh and rejuvenate from the inside out! All welcome!

Instructor: Shelly Welch, R.Y.T, yoga certified instructor

Equipment Needed: Your own yoga mat

Date: 1/18-3/7

Class Time: Wednesdays 5:45-6:45 PM

Location: Exit #16 Price: \$45

**5032.100 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 Anusara yoga, this therapeutic yoga will open your heart and align your body to its greatest potential.

Instructor: Christina Casavina, certified yoga instructor

Date: 1/18-3/7 for 8 weeks

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

Location: Exit 14 Price: \$45

**5340.100 Vinyasa Flow Yoga**

Vinyasa, which means breath-synchronized movement, is a vigorous style based on the performance of a series of poses called Sun Salutations, in which movement is matched to the breath. Christina's vinyasa classes are full of energy and movement, with a clear focus on connecting the breath with the body. She works to help her students find the depth of their breath, allowing them to de-stress, clear negative energy and find a more open heart and freedom in the asana. All levels welcome!

Equipment Needed: Your own yoga mat Optional: Bring your yoga mat.

Instructor: Christina Casavina certified yoga instructor

Christina's vinyasa classes are full of energy and movement, with a clear focus on connecting the breath with the body. She works to help her students find the depth of their breath, allowing them to de-stress, clear negative energy and find a more open heart and freedom in the asana.

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

Class Time: Thursdays 5:45-7:00 PM

Location: Exit #6

Price: \$45

### **5031.102 Yoga Core**

Yoga using the stability ball. Increased abdominal and back "core" strength while challenging your balance. All levels welcome.

Equipment Needed: Your own yoga mat

Instructor: Sue Schade Yoga certified instructor

Date: 1/20-3/9 for 8 weeks

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

Location: Exit #15 Price: \$45

### **5030.100 Forest Yoga**

Ana Forrest has developed a yoga style designed specifically to address the physical and emotional stresses and challenges of people today. Learning to breathe deeply and with mindfulness, you will connect in feeling to your body and awaken each of the senses.

Compassionately taught, the intense sequencing focuses on strengthening the core, building heat to sweat out toxins, and long holds in the poses to oxygenate and rejuvenate every cell. Using the breath to guide the body through each pose, you will learn to work honestly at your body's edge, to safely tailor each pose to work best for you, and cultivate healing of physical and emotional injuries.

Equipment Needed: Bring your own yoga mat

Instructor: Doreen Dressel who is a certified Forrest Yoga Teacher (635 hours) and completed the Forrest Yoga Mentorship Program.

Class Time: Sundays 8:45-9:45 AM

Date: 1/22-3/11 for 8 weeks

Location: Exit 15 Price: \$45

### **5023.102 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!

Instructor: Lauren Henrici, RYT, yoga fit certified instructor

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

Class Time: Tuesdays and Thursdays 1:30-2:15 PM

Location: Exit #15 Price: \$50

### **5333.101 Yoga-Pilates Fusion**

Yoga/Pilates Fusion is dynamic class that combines yoga asanas, sun salutations and balance sequences with mat exercises inspired by Joseph Pilates designed to strengthen your core. This is a challenging workout using popular music that will have you feeling both "longer" and "stronger."

Equipment Needed: Your own yoga mat

Instructor: Lauren Henrici RYT, Yoga-Fit certified instructor

Date: 1/18-3/7 for 8 weeks

Class Time: Wednesdays 6:00-7:00 PM

Location: Exit #15

Price: \$65

### **5029.110 IM=X Pilates**

This class will use traditional Pilates exercises in a contemporary format. The routines will combine elements of strength training with Pilates style exercise to challenge you in a safe and progressive manner. (Pilates uses a series of exercises in combination with a forced exhalation breathing.) You will build core strength, improve posture, learn deep breathing techniques, and increase flexibility. A basic level of fitness is recommended for this class.

Equipment Needed: Your own yoga mat

Instructor: Kim Moran, IM=X Pilates Instructor

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

Class Time: Thursdays 5:55-6:55 PM

Location: Exit #15

Price: \$45

### **5020.100 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 Chuan

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

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

Location: Exit #14

Price: \$50

### **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 new state-of-the-art fitness center for a great price!!! You will make use of free weights, nautilus, and cardio equipment (treadmills, bicycles, ellipticals, stairclimbers, etc.)

Showers are also available.

Instructor: Sue Schade

5120.101 Session A: Tuesdays and Thursdays 8:00-9:15 AM

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

Location: Choate Rosemary Hall's Fitness Center

Price: \$70

5120.100 Session B: Tuesdays and Thursdays 9:15-10:30 AM

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

Location: Choate Rosemary Hall's Fitness Center

Price: \$70

### **5006.100 Early Morning Striders**

A wonderful way to exercise socializing see new sites all while seeing Wallingford's winter Wonderland. Starting the walk at Simpson court at 6:00 AM fro a brisk walk throughout Wallingford completing at 7:00 AM. Please dress warm and bring a flashlight. No AM striders of Wallingford schools are closed. Please leave your pets at home.

Instructor: Mary Nieves

Date: 1/16-3/9

Class Time: Mondays, Wednesdays, and Fridays 6:00-7:00 AM

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

Price: \$10

### **5140.100 Bellydance**

Raise your fitness level, coordination and confidence as you discover the magic of one of the oldest and most beautiful dance forms! Aleenah provides clear, easy to follow instruction, incorporating elements of Egyptian, Turkish, Gypsy, and Tribal bellydance styles. Each class offers exciting dance combinations that will keep you bellydancing! All levels are welcome.

Instructor: Aleenah, bellydance instructor and performer

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

Class Time: Tuesdays 7:30-8:30 PM

Location: Exit #15

Price: \$45

### **5015.101 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: 1/2-1/25 for 4 weeks      Class Time: Mondays and Wednesdays and 12:30-1:30 PM

Location: Wallingford Sr. Center      Price: \$15

### **5005.100 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: Lauren Henrici Mondays and Wednesdays, Linda Roy Fridays

Date: 1/19-3/9, no class 2/10, 2/20

Class Time: Mondays, Wednesdays, and Fridays 10:35-11:20 AM

Location: Exit #16      Price: \$30

### **5005.101 Zumba Gold®**

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

Instructor: Lauren Henrici AFAA and Zumba Gold certified instructor

Date: 1/17-3/8      Class Time: Tuesdays and Thursdays 11:00-11:45 AM

Location: Exit #16      Price: \$25

## **\*\*Fitness Classes**

**Our fitness classes are great for the beginner and experienced exerciser!**

**Attention: Out of Town Residents will be charged \$5 for each individual fitness class taken.**

**\*\*\*Fitness Class Prices apply only to classes listed in the shaded "Fitness section" and on "Fitness Schedule"**

**The more classes you sign up for the more you SAVE!!!**

**1st Fitness class that you register is full price. 2nd class and each following class take \$10 off each class.**

## **Morning Classes**

### **\*5147.100 Morning Motivators**

Have fun while burning fat and building muscle! Using a wide variety of equipment including the step, bosu, free weights, body bars, bands, stability balls, medicine balls, pilates rings, foam rollers etc. we will reshape your body! Simple choreography, fun and effective!

Offered 3 times a week to meet the demands of your ever changing schedule. All fitness levels welcome!

Instructor: Certified Instructors -Lauren Henrici AFAA (teaches M,W) and Linda Roy NETA (teaches F)

**Dates: 1/18-3/9 for 7 weeks no class 2/10, 2/20**

Class Time: Monday, Wednesday, and Friday 9:30-10:30 AM

Location: Exit #16 Price: \$55

## **Afternoon Classes**

### **\*5270.100 Noontime Workout**

Get a complete workout on your lunch hour! Classes include a wide variety of cardiovascular conditioning as well as strength training and flexibility.

Instructor: Sue Schade

Date: 1/18-3/9 for 8 weeks

Class Time: Tuesday and Thursdays 12:00-12:45 PM

Location: Exit #16 Price: \$40

## **Evenings Classes**

### **\*5153.100 Have a Ball**

Come "Have a Ball" with this fun and challenging overall body workout! Each class utilizes the stability ball and includes all 3 components of exercise: cardio, strength and flexibility.

Strengthen that core like never before!

Need a basic level of fitness for class.

Instructor: Gwen Silloway

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

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

Location: Exit #16 Price: \$25

### **\*5330.100 Cardio Pump**

A full body workout using hand-held weights, the body bars or workout bar and plates in any combination. A great overall workout! This class is for all fitness levels.

Instructor: Tina Crispens, AFAA instructor

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

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

Location: Exit 16 Price: \$25

### **\*5325.100 Ballistic**

A combination cardio and sculpting class. We will use resista-balls and/or medicine balls within cardio and sculpting segments of this fitness class, along with other equipment for a great overall body workout. We will end each class with abdominal and balance work. Let's work those winter blues away while having fun!

Instructor: Karen Shoshani, NETA certified

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

Class Time: Tuesdays 6:00-7:00 PM

Location: Exit #16 Price: \$25

### **\*Variety Works**

Variety is the spice of life! You won't find boredom here! Each week we will mix it up using various fitness equipment including the: Valslide, Bosu, step, weights, bands, resistance tubing, stability and medicine balls, etc. We will implement cardio, strength and flexibility into each class. Have fun while getting a great workout!

Instructor: Gwen Silloway, ACE certified

Date: 1/18-3/7 for 8 weeks

Class Time: Wednesday's 5:30-6:15 PM

Location: Exit #16 Price: \$25

### **\*Kettlebell Training**

What is a Kettlebell? It is a cast iron weight, with a handle on it that is used during a workout. The class will consist of a full body warm-up, strength exercises with the kettlebells with focus on technique and effective exercises, plus a cool down. You'll be sure to lose bodyfat, increase your overall strength, general fitness and have fun doing it. Kettlebell training is fast becoming a popular way to strength train.

Instructor: Kristen Lowell, AFAA certified instructor

5133.101 Mondays 7:10-7:55 PM

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

Class Time:

Location: Exit 15

Price: \$25

5133.100 Wednesdays 7:35-8:20 PM

Date: 1/18-3/7 for 8 weeks

Location: Exit 16

Price: \$25

### **\*NEW!!! 5137.102 Cardio Strength Circuit**

A mix of cardio and strength exercises done in a circuit format. You'll do an exercise followed by short rest and then do the next exercise. You'll get an overall total body workout using a variety of equipment.

Instructor: Sue Moreschi, ACE certified instructor

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

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

Location: Exit #16 Price: \$25

### **\*NEW!!! 5137.101 Cross Training 101**

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 strength systems while maintaining good core.

Instructor: Sue Moreschi, ACE certified instructor

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

Class Time: Thursdays 6:00-7:00 PM

Location: Exit #16 Price: \$25

**\*5200.100 Turbo Kick™**

Turbo Kick® is a combination of intense kickboxing moves as well as dance moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

Instructor: Jessica Holloway, AFAA certified

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

Class Time: Thursdays 7:50-8:35 PM

Location: Exit 16                      Price: \$35

**\*5335.300 Cardio, Core, and More**

Burn fat and build muscle and have fun doing it! This hour will fly by as we use a variety of equipment (Bosu, medicine, and stability balls, weights, and more to get a great cardio and strength workout! This class will leave you feeling great!

Instructor: Vicky Adams AFFA certified

Date: 1/20-3/9 for 8 weeks

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

Location: Exit #16                      Price: \$25

**\*ZUMBA!®**

Come join the party and see what all the fun is about!! Experience Zumba, the country's fastest growing dance fitness craze with dynamic, yet easy to follow Latin and Hip-Hop style moves to pulsating Latin and International rhythms. This class format combines fast and slow rhythms that tone and sculpt the body in an aerobic fashion to achieve a unique balance of cardio and muscle toning. So be a part of this innovative and exciting class and take the "work" out of working out! All our instructors are Zumba certified

**\*5135.103 Mondays 7:00-7:45 PM**

Instructor: Cheryl Myers NETA certified

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

Location: Exit #16

Price: \$25

**\*5135.107 Tuesdays 5:15-6:00 PM**

Instructor: Gina Foster Zumba certified instructor

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

Location: Exit 15

Price: \$25

**\*5135.108 Wednesday's 6:45-7:30 PM**

Instructor: Shelly Welch, AFAA certified instructor

Date: 1/18-3/7 for 8 weeks

Location: Exit 15      Price: \$25

**\*5135.105 Wednesday's 7:15-8:00 PM**

Instructor: Fee Adams, AFAA certified instructor

Date: 1/18-3/7 for 8 weeks

Location: Exit 15      Price: \$25

**\*5135.106 Wednesday's 8:00-8:45 PM**

Instructor: Fee Adams, AFAA certified instructor

Date: 1/18-3/7 for 8 weeks

Location: Exit 15 Price: \$25

**\*5135.112 Zumba Toning Thursdays 6:00-6:45 AM (EARLY AM CLASS)**

ZUMBA Toning takes the original ZUMBA dance fitness class to the next level by infusing cardio with light weight resistance using specialized toning sticks or weights. This class format combines Latin/International rhythms with dynamic resistive exercises to further improve overall muscle tone and performance.

Instructor: Cheryl Myers NETA certified instructor

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

Class Time: Thursday's 6:00-6:45 AM

Location: Exit 16 Price: \$25

**\*5135.113 Thursday's 7:00-7:45 PM**

Instructor: Jamie Midolo, certified Zumba instructor

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

Location: Exit 16 Price: \$25

**\*5135.114 Saturday's 10:30-11:15 AM**

Instructor: Lauren Henrici certified AFAA instructor

Date: 1/21-3/11 for 8 weeks

Location: Exit 16 Price: \$25