

# Winter 2018 Health & Fitness Brochure Wallingford Parks & Rec

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

*Please note* the following health and fitness classes are for participants 13 years and older

### **5026.100 Mom and Me Yoga**

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

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

**Date:** 2/3-2/24 for 4 weeks

**Location:** Room 16

**Fee:** \$25

### **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:** 1/20-3/10 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:** 1/17-3/9 no class 2/12, 2/19 for 7 weeks

**Location:** Room 15      **Fee:** \$110 for 3 days a week, \$80 for 2 days a week, \$45 for one day a week

## **Vinyasa Flow Yoga w/ Jocelyn**

A slow-paced vinyasa flow yoga class moving intentionally from posture to posture and incorporating a focus on breathing. The practice includes Sun Salutations, balances, standing, core, and arm-supported poses, back bending, forward folds and hip openers, twists, inversions, relaxation, and meditation. Modifications and alternatives are offered to accommodate all levels of experience and abilities. The use of props is encouraged.

**5003.100 Saturdays 9:00-10:15 AM**

**Equipment Needed:** Your own yoga mat

**Instructor:** Jocelyn Burke certified yoga instructor

**Date:** 1/20-3/10 for 8 weeks

**Location:** Room 16

**Fee:** \$48

**NEW!!! 5003.101 Thursdays 5:15-6:30 PM**

**Equipment Needed:** Your own yoga mat

**Instructor:** Jocelyn Burke certified yoga instructor

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

**Location:** Room 15 **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:** 1/22-3/5 no class 2/12, 2/19 for 5 weeks

**Location:** Room 15

**Fee:** \$30

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

**Instructor:** Christina Casavina certified yoga instructor

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

**Location:** Room 15

**Fee:** \$48

## **NEW!! 5023.100 Restorative Yoga**

This is a slow-paced style yoga where the poses are held for longer periods of time (about 5 mins per pose) Holding a pose for this length of time is believed to put stress on the connective tissue, enhancing circulation and increased flexibility.

Props will be used.

**Equipment Needed:** Your own yoga mat

**Instructor:** Sue Schade certified yoga instructor

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

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

**Location:** Room 15

**Fee:** \$48

## **5023.101 Slow Flow Yoga**

With intentional, slow, movement, allowing your breath to be your guide. Align your body with a balance of strength and flexibility. Your mind will become STILL and you will feel a sense of peacefulness and clarity.

Kellie's classes are centered around balancing strength with flexibility, moving slowly with intention, modifying poses for knee, back and shoulder pain. Becoming aware and connected to the body balancing effort and ease. The breath being the magic ingredient to release tension throughout the practice.

**Equipment Needed:** Your own yoga mat

**Instructor:** Kellie Codianna E-RYT yoga instructor  
**Dates:** 1/16-3/13 for 8 weeks No class: 2/27  
**Class Time:** Tuesdays 7:30-8:30 PM  
**Location:** Room 15  
**Fee:** \$48

### **5006.100 Yoga Basics with 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:** 1/19-3/9 for 8 weeks

**Class Time:** Fridays 9:30-10:45 AM **Location:** Room 14 **Fee:** \$48

### **NEW!!! 5040.100 Soul Power Yoga**

Revitalize your body's vital energy while cleansing stress and fatigue. Awaken a clear mind and enjoy engaging practical strength. Class is a moderate yoga session (with a bit of edge) encouraging students to focus and move at their own pace. Attention to breath and meditative pauses helps to steep the student in the inner experience, while moving through an intelligent sequence to limber the body and mind.

**Equipment Needed:** Your own yoga mat

**Instructor:** Sally Noel has been a student of yoga since 1992 and teacher since '99. She continues to study and evolve her teaching and understanding predominately with the Kripalau, Pranakriya and Kundalini styles of yoga.

**Needed:** Your own yoga mat

**Instructor:** Sally Noel is founder of Raven's Wing Yoga in Branford, CT, CYT instructor

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

**Class Time:** Fridays 11:00-12:00 PM

**Location:** Exit 14 **Fee:** \$48

### **5006.101 Basic Yoga with 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:** 1/22-3/5 for 5 weeks no class 2/12-2/19

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

**Location:** Room 15

**Fee:** \$30

### **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 be encouraged to slow down and listen to your body. Poses are guided from the least challenging, 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 5:20-6:35 pm

**Date:** 1/23-3/13 for 7 weeks No Class: 2/27

**Location:** Room 15 **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.

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

### **5007.100 Mondays 7:00-8:15 PM**

**Date:** 1/22-3/12 for 7 weeks NO Class: 2/26

**Location:** Room 15

**Fee:** \$42

## **Therapeutic Yoga**

### **5007.104 Wednesdays 7:00-8:15 PM**

**Date:** 1/24-3/7 for 7 weeks

**Location:** Room 6

**Fee:** \$42

## **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:** 1/15-3/12 for 8 weeks No class: 2/26

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

**Location:** Room 15

**Fee:** \$48

## **5027.100 Yoga For Muscle Tone**

Yoga postures that will increase your muscular strength and endurance. The muscles doing the work get stronger by moving through the range of motion while supporting the weight of the body.

\*This is an intermediate class

**Equipment Needed:** Your own yoga mat

**Instructor:** Sue Schade, yoga certified instructor

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

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

**Location:** Room 15

**Fee:** \$48

## **5007.101 Self-Awakening Yoga**

*Mindfulness in motion and in stillness for not-so-flexible bodies.*

Awaken your body's inner intelligence. Discover what works for you through the experience of developmental movement, alignment, breath, 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:** 1/24-3/7 for 7 weeks

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

**Location:** Room 16

**Fee:** \$42

### **5013.100 Mixed Level Yoga with Christina**

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.

**Instructor:** Christina Casavina, certified yoga instructor

**Date:** 1/17-3/14 for 8 weeks No Class: 2/28

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

**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:** 1/16-3/8

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

**Location:** Room 15 **Fee:** \$50

### **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

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

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

**Location:** Room 16

**Fee:** \$48

### **NEW!!! 5012.102 Total Barre**

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! Please bring your own mat.

**Equipment Needed:** Please bring your own mat.

**Instructor:** Linda Roy, STOTT pilates certified instructor

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

**Date:** 1/24-3/7 for 7 weeks

**Location:** Room 16

**Fee:** \$42

### **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:** 1/16-3/6 for 8 weeks

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

**Location:** Room 14

**Fee:** \$52

### **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, stairclimbers, etc.)

**Instructor:** Sue Schade

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

**Date:** 1/2-3/8 for 10 weeks

**Location:** Choate Rosemary Hall's Fitness Center

**Fee:** \$80

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

**Date:** 1/2-3/8 for 10 weeks

**Location:** Choate Rosemary Hall's Fitness Center **Fee:** \$80

### **5102.100 Early Morning Striders**

Join our early morning striders group for a brisk wintery walk! Please bring a flashlight! Please leave your pets home.

**Instructor.:** Mary Nieves

**Date:** 1/22-3/9

**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:** 1/8-3/7 for 9 weeks

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

**Location:** Wallingford Sr. Citizen Center

**Fee:** \$20

### **NEW!!! 5050.301 Fit for Life**

As we get older it's crucial to maintain and even gain strength and mobility so one can continue to live an active and exciting life. Your instructor Mary Dybas believes that your lives shouldn't be inhibited due to poor health and fitness levels or age! She will energetically encourage and carefully lead a diverse workout that'll keep you interested and enable you to gain and maintain strength, mobility and balance. Be prepared to move with swing, big band and 50's music and have a great time!

**Instructor:** Mary Dybas certified instructor

**Date:** 1/16-3/8

**Class Time:** Tues. & Thurs. 9:15-10:00 AM **Location:** Room 16 **Fee:** \$20

### **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:** Lauren Henrici Mondays, Gwen Silloway Wednesdays and Fridays, AFAA and ACE certified instructors

**Date:** 1/17-3/9 no class 2/12, 2/19

**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:** 1/16-3/8

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

**Location:** Room 16

**Fee:** \$20

### **Fitness Classes**

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

**Fitness Class Fees apply only to classes listed in the shaded "Fitness section" on the "Fitness Schedule"**

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

**1st Fitness class that you register is full Fee. 2nd class and each following class take \$3 off each class.**

### **5500.100 P90X Live Mondays and Friday Surprise**

Mondays will feature P90X Live and Fridays will be a surprise class! Both days will focus on total-body strength and cardio to help you bust through personal plateaus to help you get in the best shape of your life!

**Instructor:** Jess Holloway AFAA certified instructor

**Date:** 1/19-3/9 for 7 weeks no class 2/12, 2/19

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

**Location:** Room 16

**Fee:** \$42

### **5528.100 Early Morning Pump**

If you are looking to get lean, toned and fit fast-early morning pump is the class for you! We will use light to moderate weights and lots repetition to get a total body workout.

**Instructor:** Jess Holloway AFAA certified instructor

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

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

**Location:** Room 16

**Fee:** \$48

### **5501.100 Morning Motivators**

Morning Motivators offers a variety of fitness classes over 4 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 the Step with Lauren, Wednesdays is core, balance, and strength, Fridays is circuits, strength, and cardio with Gwen. All fitness levels welcome!

**Instructor:** Certified Instructors Lauren Henrici AFAA (teaches M) and Gwen Silloway ACE (teaches W+F)

**Dates:** 1/17-3/9 for 7 weeks no class 2/12, 2/19

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

**Location:** Room 16

**Fee:** \$60 for 3 days, \$42 for 2 days, \$24 for 1 day

### **Hardcore**

Hardcore is an energetic intense total body workout that works all major muscle groups. We use handweights, weighted bars, kettlebells, and other weighted equipment with challenging exercises to strengthen and define, condition our core, and increase flexibility and balance. You will walk out the door feeling stronger! ALL are welcome.

**Instructor:** Sue Moreschi ACE certified instructor

#### **5519.100 Mondays 5:30-6:15 PM**

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

**Location:** Room 16   **Fee:** \$26

#### **5519.101 Thursdays 5:15-6:00 PM**

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

**Location:** Room 16   **Fee:** \$26

### **NEW!!! 5521.100 HIIT/Cross Training**

HIIT is a high intensity interval training cardio/cross training workout. Various formats are used incorporating high and low impact exercises including plyometrics, body weight, drills, weighted exercises. This is a challenging full body cardio, strength, endurance, and core workout. Be ready to sweat! All levels welcome.

**Instructor:** Sue Moreschi ACE certified instructor

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

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

**Location:** Room 16

**Fee:** \$26

### **NEW!!! 5510.101 Cardio Dance and Sculpt**

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 a stability ball and/or light hand weights 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

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

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

**Location:** Room 16   **Fee:** \$26



### **NEW!! 5507.101 Step Interval**

This high-energy interval workout pumps out cardio on the Reebok Step paired with 3-4 minute strengthening intervals. Interval training increases caloric burn and provides a terrific workout! Modifications are demonstrated to include all fitness levels.

**Instructor:** Gwen Silloway ACE certified instructor

**Date:** 1/16-3/06 for 8 weeks

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

**Location:** Room 16   **Fee:** \$26

### **NEW!!! 5029.100 Core De Force**

Get ready to fight! Punch, kick and twist your way to a stronger mind and core. You will feel like a total BAD\*SS after this workout!

**Instructor:** Kristie Miller, AFAA Certified Instructor

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

**Class Time:** Wednesdays 6:00pm – 6:45pm

**Location:** Room 16   **Fee:** \$26

### **5522.101 Cardio Cross Training Thursdays 6:05-6:50 PM**

A moderate to high intensity mixed level challenging full body workout. Cardio drills fused with strength endurance and core...be ready to sweat. All levels welcome.

**Instructor:** Sue Moreschi ACE certified instructor

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

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

**Location:** Room 16

**Fee:** \$26

### **5519.102 Power Pump**

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!

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

**Instructor:** Sue Moreschi ACE certified instructor

**Date:** 1/20-3/10 for 8 weeks   **Room:** 16   **Fee:** \$26

### **NEW!! 5525.101 Core and Strength Fire Up**

Learn to fire up your core without the strain on the neck combined with full body muscle exercises in multiple sets.

**Instructor:** Vicky Hamelin AFAA certified instructor

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

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

**Location:** Room 16

**Fee:** \$26

### **5510 ZUMBA!® at the Wallingford Park & Rec**

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

**Location:** Room 16 **Fee:** \$26

#### **NEW!!! .108 Zumba Tuesdays 6:50-7:35 PM**

**Instructor:** Penny Gagne Certified Zumba instructor

**Dates:** 1/16-3/6 for 8 weeks

**Location:** Room 15 **Fee:** \$26

#### **.103 Zumba Wednesdays 7:30-8:30 PM**

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

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

**Location:** Room 15 **Fee:** \$26

#### **.106 Zumba Thursdays 7:00-7:45 PM**

**Instructor:** Lisa Wasylean certified Zumba instructor

**Date:** 1/18-3/8 for 8 weeks **Location:** Room 15 **Fee:** \$26