



FITNESS & EXERCISE CLASSES

The following Fitness & Exercise Classes are offered this winter through the Recreation Division of The Stonington Human Services. Please note the location of each class. Outside classes are weather dependent and subject to change.



STONINGTON HUMAN SERVICES
PLAY • PROVIDE • PROSPER

Boomers Exercise

Participants use weights, bands and balls to strengthen muscles and increase range of motion. Balance and fall prevention exercises are included. Designed specifically for individuals ages 50 and older. Join at anytime.
Age: 50+ **Instructor:** Michele Gardner
Days: Mon & Wed **Time:** 8:30-9:30AM
Location: St. Michael's Church Hall

Chair Yoga

Slow down, stretch and breathe in this 45 minute seated and standing class. Work within your own ability to improve flexibility and soothe tight muscles. Bring a water bottle for hydration. **Instructor:** Michele Gardner
Day: Mondays **Time:** 9:45-10:30 AM
NEW Location: St. Michael's Church Hall (starting Sept 12)

Groove & Tone

Groove & Tone uses weights, balls and bands for strength and balance exercises - mixed in with cardio dances - all set to some jazzy music, along with some popular tunes, that you'll be sure to recognize.
Instructor: Tina Pagliusi
Day: Fridays **Time:** 8:30-9:30AM
Location: Stonington Arms

Monday Morning ABC's

Arms & Abs—Balance & Butts—Cardio & Core! A light cardiovascular workout combined with toning and strengthening for a strong core, amazing arms and healthy heart. We will throw in a little bit of balance to spice it up. Low impact class for all fitness levels. Light weights are needed.
Instructor: Yvonne Brown
Day: Mondays **Time:** 8:30-9:30AM
Location: Stonington Arms

Stretch & Mobility Class

A gentle, steady class of movement, stretches, poses and muscle isolations, performed to music, in a continuous flow of sequences. Participants will stretch, tone, lubricate and lengthen the muscles and joints. Moving the body through these dynamic positions will increase blood flow, oxygen levels, body strength, stability, control and positional awareness. This class can be done at any level of fitness and participants can move at their own pace. No equipment necessary.
Instructor: Tina Pagliusi
Day: Thursdays **Time:** 11:00-11:45AM
Location: Stonington Arms

YOGA for Everyone

Practice a gentle style of yoga that focuses equally on strength, stretching and balance. Perfect for new students and seasoned yogis alike. Please bring a mat or towel/blanket to practice on as well as any additional props that are part of your usual practice (block, strap, pillow, extra blanket).
Instructor: Chelsea Hauck
Day: Thursdays **Time:** 4:00-5:00pm
Location: Stonington Arms

Winter Warriors!

Bundle up and take your workout outdoors. Go at your own pace as we walk 1-2 miles around Spellman Park. Stop along the way to work with weights and do fun activities. A great way to change up your workout schedule!
Instructor: Michele Gardner
Days: Thursdays **Time:** 9:45-10:30 AM
Location: Outdoors—Spellman Park, Ballato Field Parking lot.



Zumba is a fitness format fusing Latin and International music with choreographed movement and dance. This hour-long workout will fly by, leaving you with an intense energy and endorphin boost.

SUNDAY ZUMBA Instructor: Kelly Nunes Donohue
Time: 8-9AM **Location:** Outdoors Spellman Park BBall Courts

FRIDAY ZUMBA Instructor: Tina Pagliusi
Time: 10:00-11:00AM **Location:** Outdoors Spellman Park Pavilions

Fitness Class Fees / Punch Cards

Good for any current or future Fitness Class hosted by Stonington Human Services—Recreation Division

- 10 Class Punch Card \$37.50
- 20 Class Punch Card \$70.00

Punch cards made be purchased during normal business hours - M-F 9am-12pm / 1-3:30pm - at Stonington Human Services, 166 South Broad Street, Pawcatuck (next door to Stonington High School) or by calling (860) 535-5015

Class Locations

- ◆ **Spellman Park** - Spellman Drive, Pawcatuck; behind Stonington High School
- ◆ **Stonington Arms** - Community Room
133 S. Broad Street, Pawcatuck
- ◆ **St. Michael's Church Hall** - 63 Liberty Street, Pawcatuck

