



FITNESS & EXERCISE CLASSES

The following fitness and exercise programs are offered through the Recreation Division of Stonington Human Services Department. Currently, most classes are held **Outdoors in Spellman Park (behind Stonington High School)**, weather permitting. All social-distancing protocols are strictly adhered to. Once guidelines allow, we plan to move indoors to St. Michael's Church Hall on Liberty Street in Pawcatuck. Coming soon (post-COVID)... additional classes are set to be held at the District Office Gymnasium (formerly Pawcatuck Middle School)!

To register for current programs, call (860) 535-5015.

Baby 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	Time
Mondays indoor at St. Michael's	8:30-9:30AM
Wednesdays outdoors at Spellman	8:30-9:30AM

Sunday ZUMBA!

STARTS June 6th! 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.
Instructor: Kelly Nunes Donohue

Day	Time
Sundays outdoors @ Spellman	8:30-9:30AM

Groove & Tone

Groove & Tone uses weights, balls and bands for strength and balance exercises mixed in with cardio dances set to some jazzy music along with some popular tunes that you'll be sure to recognize. **Instructor: Tina Pagliusi**

Day	Time
Fridays, outdoors at Spellman	8:30-9:30AM

YOGA for Everyone

STARTS May 20!! 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	Time
Thursdays outdoors @ Spellman	8:30-9:30AM

Class Fees / Punch Cards

Good for any current Fitness Class held outdoors at Spellman Park and/or future classes offered at St. Michael's or Field Street location!

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

