



# ADULT FITNESS & EXERCISE CLASSES

Starting the first week of April, the following fitness and exercise programs will be offered through the Recreation Division of Stonington Human Services. Please note the location of each respective class. Outside classes are weather dependent and subject to change. Registered participants will receive notice for any weather-related cancellations. All social-distancing protocols are followed.



## 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

## 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:** 10:00-10:45AM **Location:** Stonington Arms

## 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:** Outdoors at Spellman Park (TBD)

## 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:** 9:30-10:30am **Location:** Stonington Arms



## Zumba® Fitness

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 Instructor: Kelly Nunes Donohue** **Time:** 8:00-9:00AM **Location** Outdoors Spellman Park Tennis Courts  
**FRIDAY 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)

## 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

