

Glastonbury Senior Services Summer Sessions 2022 Class Schedule
Register online at <https://glastonburyct.myrec.com> or Call (860)652-7638
Registration starts for Residents : June 6, 2022 Non-Residents: June 13, 2022

SENIOR FITNESS PROGRAMS

Class	Description	Meets	Dates	# of Classes	Fee R	Fee NR
Stretcherize	Low impact exercise using stretch bands & weights (provided) to increase your range of motion.	Tuesdays & Thursdays 11:30 - 12:15 pm	7/12-9/22	22	\$110	\$120
Powerful Aging	Increase your strength, endurance, flexibility and balance in the low impact total body workout.	Wednesdays & Fridays 10:00 am - 11:00 am	7/13-9/23	22	\$110	\$120
Intro to Tai Chi	Learn the basics of this life altering discipline.	Mondays 3:30 pm - 4:15 pm	7/11 - 9/19	10	\$50	\$60
Intermediate Line Dancing	Prior dancing experience required. -Explore the many facets and experience the impact of this form of choreographed dance.	Thursdays 10:30 am - 12:00 pm	9/8-9/29	4	\$25	\$35
Fitness is Fun	Get your cardio workout and improve your strength and balance with music. Enjoy the chance to socialize, dance and get fit.	Wednesdays 10:15 - 11:00 am	7/13-9/21	11	\$55	\$65
		Wednesdays 11:15 am - Noon	7/13-9/21	11	\$55	\$65
Tai Chi	Excellent form of mind & body fitness for all ages and fitness levels; promotes good health.	Thursdays 6:00 pm - 7:00 pm	7/14-9/22	11	\$55	\$65
Watercolor Class	Drawing is not a prerequisite – Using watercolors, students will explore different techniques in a relaxed environment	Saturday 9:30 am - 11:30 am	9/10 9/24	2	\$10 ea+ Supply fee	\$15 ea + Supply fee