

20. Fitness Programs

Senior Fitness

Designed for the active older adult; includes a warm-up, low impact aerobics, muscular conditioning, core strengthening and focuses on increasing flexibility, joint mobility, balance and coordination. Bring sneakers and water bottle. Weights, exercubes, dynabands, 10" play balls and mats optional. **Residents Only.**

Zumba®

A fusion of Latin and International music- dance that creates a dynamic, exciting, effective fitness system! Routines feature aerobic and fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body and maximize caloric output and fat burning. Dance steps are fun and easy to follow.

Low Impact Gentle Pilates

Exercises focus on the core muscles including abs, back, glutes and shoulders. Work to create balance and strength in your trunk and loose, limber limbs. Makes you strong and long while improving balance, coordination and posture. A great option for newcomers to Pilates or anyone who wants to move, but needs to tone down a bit. Must be able to get up and down off the floor. Bring mat and water to class.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Senior Fitness (Eliza's Energy Source)	Riverfront Community Center	Mon, Wed, Fri 8:30-9:20 a.m.	Winter	Jan. 6-April 1	\$69	307027-08
			Spring	April 20-June 24	\$55	407027-08
		Mon, Wed, Fri 9:25-10:15 a.m.	Winter	Jan. 6-April 1	\$69	307027-09
			Spring	April 20-June 24	\$55	407027-09
		Mon, Wed, Fri 10:20-11:10 a.m.	Winter	Jan. 6-April 1	\$69	307027-10
			Spring	April 20-June 24	\$55	407027-10
		Mon, Wed, Fri 11:15-12:05 p.m.	Winter	Jan. 6-April 1	\$69	307027-11
			Spring	April 20-June 24	\$55	407027-11
Low Impact Gentle Pilates (Personal Euphoria)	Academy Multi Purpose Room	Monday 1:30-2:15 p.m.	Winter	Jan. 6-March 30	\$69	307030-GP
			Spring	April 20-June 15	\$50	407030-GP
		Wednesday 1:30-2:15 p.m.	Winter	Jan. 8-April 1	\$81	307030-GW
			Spring	April 22-June 17	\$56	407030-GW
Zumba® (Eliza's Energy Source)	Academy Multi Purpose Room #2	Monday 6:00-7:00 p.m.	Winter	Jan. 13-March 30	\$63	307209-MD
			Spring	April 20-June 15	\$50	407209-MP
		Wednesday 6:00-7:00 p.m.	Winter	Jan. 15-April 1	\$75	307209-WP
			Spring	April 22-June 10	\$50	407209-WP
No Classes on Town Holidays 1/20, 2/17 and 5/25; Senior Fitness no Class on 6/5 Class Open to Residents & Non-Residents with the Exception of Senior Fitness (Non-Resident Registration Begins 12/30/19)						

The Glastonbury Senior Center also offers several fitness programs to meet your needs! Visit page 26 for details!

#seniorsonthemove #morefitnessmorefun

21. Fitness Programs

Morning Mat Pilates

Develop a strong core while maintaining loose, limber limbs. Exercises provide variations for different body types. Strengthen the body while keeping joints mobile and flexible. Bring a mat. Mixed-level class.

Standing Pilates *NEW*

All the great features of a Pilates class, but spend most of the time standing - a format Joe Pilates often taught. Work the abs, glutes, legs and arms to increase tone and strength with more balance challenges and attention to posture. Bring a mat and water. Be prepared to get up/down off the floor.

Pilates Plus Strength

Work arms, legs, abs, back, and butt, with props that strengthen, tighten and tone the body. Integrates lengthening and stretching principles of traditional Pilates and adds strength training. Though exercises may feel more intense, each can be modified for beginner and intermediate. Bring a mat and water.

Core Balance

This functionally fun class will promote core awareness by strengthening the core muscles. Work on balancing while using a flexband and your own body weight. Improve your range of motion, posture and balance, while increasing flexibility. Bring a mat and water.

Strength Training

A complete workout that will help sculpt, strengthen and reshape your body. We won't skip the core-you'll work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor easily. Bring a mat and free weights.

Calorie Cardio Burn

Raise your heart rate, burn calories, and increase metabolism. Includes faster paced exercises, functional movements, core work and a total body workout. Bring a mat, light weights and water.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Morning Mat Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 8:30-9:30 a.m.	Winter	Jan. 7-March 31	\$85	307201-AA
			Spring	April 21-June 16	\$59	407201-AA
		Tuesday 9:30-10:30 a.m.	Winter	Jan. 7-March 31	\$85	307201-AB
			Spring	April 21-June 16	\$59	407201-AB
		Thursday 8:30-9:30 a.m.	Winter	Jan. 9-April 2	\$85	307201-BB
			Spring	April 23-June 18	\$59	407201-BB
		Thursday 9:30-10:30 a.m.	Winter	Jan. 9-April 2	\$85	307201-BC
			Spring	April 23-June 18	\$59	407201-BC
Standing Pilates (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:45-7:30 p.m.	Winter	Jan. 7-March 31	\$81	307202-SP
			Spring	April 21-June 16	\$56	407202-SP
Pilates Plus Strength (Personal Euphoria)	Academy Multi Purpose Room	Tuesday 6:00-6:45 p.m.	Winter	Jan. 7-March 31	\$81	307202-W1
			Spring	April 21-June 16	\$56	407202-S1
Core Balance (Personal Euphoria)	Academy Multi Purpose Room	Friday 9:45-10:30 a.m.	Winter	Jan. 10-March 27	\$75	307207-W1
			Spring	April 24-June 19	\$56	407207-S1
		Wednesday 9:45-10:30 a.m.	Winter	Jan. 8-April 1	\$81	307207-WA
			Spring	April 22-June 17	\$56	407207-WA
Strength Training (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:00-9:45 a.m.	Winter	Jan. 6-March 30	\$69	307206-MA
			Spring	April 20-June 15	\$50	407206-MA
		Thursday 6:00-6:45 p.m.	Winter	Jan. 9-April 2	\$81	307206-TP
			Spring	April 23-June 18	\$56	407206-TP
		Thursday 6:45-7:30 p.m.	Winter	Jan. 9-April 2	\$81	307206-T2
			Spring	April 23-June 18	\$56	407206-T2
		Friday 9:00-9:45 a.m.	Winter	Jan. 10-March 27	\$75	307206-W1
			Spring	April 24-June 19	\$56	407206-S1
	Academy Cafeteria	Wednesday 6:00-6:45 p.m.	Winter	Jan. 8-April 1	\$81	307206-WP
			Spring	April 22-June 17	\$56	407206-WP
Calorie Cardio Burn (Personal Euphoria)	Academy Multi Purpose Room #2	Wednesday 9:00-9:45 a.m.	Winter	Jan. 8-April 1	\$81	307216-WA
			Spring	April 22-June 17	\$56	407216-WA

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22. Fitness Programs

Hatha Yoga Evening

For both the beginner and more advanced students. Regardless of your physical condition, experience your body like never before. Please bring a mat to class.

Morning Yoga/Stretching

Regardless of your physical condition, experience your body like never before with this stretching & breathing routine. Bring a rug or mat. All levels welcome.

Yoga

Surrender into yoga poses designed to strengthen core, build stamina and increase flexibility. Focus on connecting breath with movement and simple mindfulness practices. Multiple variations of poses will be offered so you can intensify as needed. Bring mat, water bottle, yoga block and any additional props that will add to your comfort. Mixed Level Class.

Family Yoga

Create awareness of the body and breath, combining functional movement with mindfulness. Class includes warm up and centering, physical movement and

yoga flow, followed by cool down and relaxation. Fun for adults and children alike! Parents will help guide children under 8. Bring mat, water and any props that help you in yoga. Each participant must register. Children under 12 must be accompanied by an adult.

Barre

A fusion of Pilates, dance and functional training that will lift, tone, sculpt, define and strengthen your core muscles. This full body sculpting class uses the ballet Barre (or chairs) and small isometric, concentrated movements to create lean muscles. Includes upper body workout and combination of high-intensity sequences of thigh, glute, and core exercises. Movement is executed at a vigorous pace with music to get your heart pumping! Bring water, mat and 1-2 pound hand weights.

Fun Family Fitness ***NEW***

(Adult & Children Ages 3-8)

Kids and parents alike will enjoy and be challenged by fun and silly moves like crab walks and leap frogs. Make moving fun and help instill a lifelong love of moving! Each participant must register. Children must be accompanied by an adult.

Class	Location	Meets	Session	Dates	Fee	Activity Code
Hatha Yoga Evening (Kalpana Patel)	RCC Exercise Room	Monday 6:00-7:20 p.m.	Winter	Jan. 6-March 30 No Class 3/23	\$60	307001-MD
			Spring	April 20-June 8	\$42	407001-MD
		Wednesday 6:00-7:20 p.m.	Winter	Jan. 8-April 1 No Class 3/25	\$72	307001-WP
			Spring	April 22-June 10	\$48	407001-WP
Morning Yoga/ Stretching (Sheila Frankel)	Riverfront Community Center	Wednesday 9:30-10:30 a.m.	Winter	Jan. 8-March 25	\$64	307026-AA
			Spring	April 22-June 10	\$44	407026-AA
Yoga (Personal Euphoria)	Academy Cafeteria	Tuesday 6:30-7:45 p.m.	Winter	Jan. 7-March 31	\$95	307211-TB
			Spring	April 21-June 16	\$66	407211-TB
	RCC Exercise Room	Thursday 6:00-7:15 p.m.	Winter	Jan. 9-April 2	\$95	307211-TP
			Spring	April 23-June 18	\$66	407211-TP
Family Yoga (Personal Euphoria)	RCC Exercise Room	Thursday 5:15-6:00 p.m.	Winter-1	Jan. 9-Feb. 13	\$32	307211-F1
			Winter-2	Feb. 27-April 2	\$32	307211-F2
			Spring	April 23-June 11	\$42	407211-FT
Total Barre (Personal Euphoria)	Academy Multi Purpose Room	Monday 9:45-10:30 a.m.	Winter	Jan. 6-March 30	\$69	307203-WM
			Spring	April 20-June 15	\$50	407203-S1
		Friday 8:10-8:55 a.m.	Winter	Jan. 10-March 27	\$75	307203-FA
			Spring	April 24-June 19	\$56	407203-FA
Booty Barre (Personal Euphoria)	Academy Multi Purpose Room	Wednesday 6:45-7:30 p.m.	Winter	Jan. 8-April 1	\$81	307203-WP
			Spring	April 22-June 17	\$56	407203-WP
Family Fun Fitness (Personal Euphoria)	Academy Cafeteria	Wednesday 5:10-5:55 p.m.	Winter-1	Jan. 15-Feb. 12	\$28	307302-F1
			Winter-2	Feb. 26-March 25	\$28	307302-F2
			Spring	April 22-June 10	\$42	407302-FW

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