

WETHERSFIELD PARKS AND RECREATION DEPARTMENT

Late Fall Fitness Programs

Register for a Fall Fitness Class! Program registration opens November 16th. Classes will be held in-person and virtually so that you may choose the option that best meets your needs and comfort level. Should there be a need to cease in-person programs, all programs will continue remotely. No refunds will be issued once classes have begun.

For questions, contact the Recreation Office at 860-721-2890.

Stay Healthy, Motivated and Finish the Year off Strong!

SENIOR CENTER CLASSES:

Senior Center Chair Yoga

Age 55+. Learn yoga basics using a program that adapts easily to any fitness level. All movements can be done seated and will work your core and extremities. Benefits include increased flexibility, strength and relaxation. Class will be offered remotely through the Zoom App. Min/Max: 10/35. Remote. No class 12/21 & 12/24.

Date	Day	Time	Res/NonRes	Code
11/30-1/11	M	11:30A-12:20P	\$24/\$24	336235-19
12/3-1/14	Th	2:00-2:50P	\$24/\$24	336235-20

Senior Center T'ai Chi/Qigong

Age 55+. Experience the benefits of movement, meditation and mindfulness. T'ai chi, a mind-body practice, focuses on building strength and improving balance, mobility, and flexibility through slow, fluid movement. Qigong integrates body posture, movement, coordinated breathing and meditation. Learn T'ai Chi form (Chen Style) movements, agility exercises, and several low-impact Qigong forms designed to boost energy, and invigorate and strengthen the whole body. T'ai Chi and Qigong can be adapted for all fitness levels. Sessions also include standing and/or sitting meditation, important components of Qigong and T'ai Chi training. Students will leave with a routine and tips for sustaining a daily practice. Classes will be offered remotely through the Zoom App. Min/Max: 5/30. Remote. No class 12/22, 12/23.

Date	Day	Time	Res/NonRes	Code
12/1-1/12	Tu	1:00-1:50P	\$24/\$24	336253-19
12/2-1/13	W	10:30-11:20A	\$24/\$24	336252-19

Virtual Total Body with Jo

Age 16+. Strength training targeting major muscle groups using various equipment and body weight. Total Body incorporates cardio intervals intended to help tone your entire body. Min/Max: 12/16. Remote. No program 12/28, 12/30.

Date	Day	Time	Res/NonRes	Code
11/30-1/6	M,W	5:00-5:45P	\$35/\$39	305053-19

Zumba with Nancy

Age 16+. Aerobic workout with a Latin-dance twist. Zumba fuses hypnotic Latin and international rhythms with easy to follow moves to create a dynamic fitness program. Min/Max: 12/16. No program 12/24, 12/28, 12/29, 12/30, 12/31.

Date	Day	Time	Res/NonRes	Code
Pitkin Com Center				
12/1-1/7	Tu,Th	9:40-10:25A	\$32/\$36	305006-01
11/30-1/6	M,W	6:30-7:15P	\$35/\$39	305006-02
Remote				
12/1-1/7	Tu,Th	9:40-10:25A	\$32/\$36	305006-19
11/30-1/6	M,W	6:30-7:15P	\$35/\$39	305006-20

Gold with Sheryl

Age 45+. An innovative, fun and exciting program designed for the active older adult, the true beginner, people who are not used to exercising, or who may be limited physically. The same great Latin and international styles of music and dance are used. Min/Max: 12/16. No program 12/24, 12/29, 12/31.

Date	Day	Time	Res/NonRes	Code
Pitkin Com Center				
12/1-1/7	Tu,Th	8:30-9:20A	\$32/\$36	305007-01
12/1-1/7	Tu,Th	5:00-5:45P	\$32/\$36	305007-02
Remote				
12/1-1/7	Tu,Th	8:30-9:20A	\$32/\$36	305007-19
12/1-1/7	Tu,Th	5:00-5:45P	\$32/\$36	305007-20