

Founders Hall 2016 Fitness Program

The Fitness Program is sponsored by The Paul and Johanna Laszig Fund and Barker Welfare Foundation.

Aerobics

A low-impact exercise program offered throughout the year for muscle conditioning and increased body strength.

Section 1 Mon./Wed./Fri. 8:30-9:30AM

Section 2 Mon./Wed./Fri. 9:35-10:35AM

Instructor: TBA Fee: \$35/\$42NR per month

Aquacize

This low-impact water exercise program uses flotation devices to improve joint flexibility, relieve pain and stiffness, and tone muscles.

Tues./Thurs. 9:30-10:30AM Location: Parks & Recreation

Instructor: Parks & Rec Staff Fee: \$35/\$42NR per month

Core

Pilates approach will be used in this core strengthening program. Stretching and use of free weights will strengthen the overall body as well as improve flexibility and balance. The class will use both mats and chairs.

Mon./Wed. 3:35-4:35PM

Instructor: Patti McEvoy Maloney Fee: \$35/\$42NR per month

Stretch and Flex

This mostly-seated workout addresses the full body, focusing on flexibility and range of motion. This positive-attitude exercise approach incorporates lifting, reaching, stretching and breathing exercises, which can make even everyday activities easier.

Mon./Wed. 2:25-3:25PM

Instructor: Colleen Cugine Fee: \$35/\$42NR per month

Strength and Balance

A challenging exercise program that uses free weights and other tools in standing, sitting and floor workout routines to strengthen abdominal and lower back muscles, increase flexibility and improve body alignment. Participants must be able to use floor mats.

Beginner Mon./Wed./Fri. 12:35-1:20PM

Adv. Beginner Mon./Wed./Fri. 11:45AM-12:30PM

Intermediate 1 Mon./Wed./Fri. 10:45-11:40AM

Intermediate 2 Mon./Wed./Fri. 1:25-2:20PM

Beginner, Adv Beginner and Intermediate 1 Instructor: Susan Consentino

Intermediate 2 Instructor: Patti McEvoy Maloney

Fee: \$35/\$42NR per month

Strength, Core and More

This class incorporates strength, flexibility, balance and core work. While working at a lively temp, all-over toning will be achieved using multiple muscle groups followed by stretching. Weights, bands and small weighted balls will be incorporated for a full body workout.

Tues./Thurs. 6:00-7:00PM Fee: \$40/\$48NR per month

Instructor: Colleen Cugine

Tai Chi

This "soft" form of martial arts is considered a safe and effective isometric exercise. Tai Chi can help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

Beginner Mon./Fri. 8:30-9:15AM Fee: \$30/\$36NR per month

Advanced Beginner Mon./Fri. 9:15-10:00AM Fee: \$30/\$36NR per month

Intermediate Tues./Thurs. 12:00-1:00PM Fee: \$35/\$42NR per month

Instructor: Mari Lewis

Introduction to Tai Chi

This introduction class meets once a week and will focus on the basics of Tai Chi in a workshop-like format.

Wed. 8:30-9:30AM

Coach: Diane Kerner

Fee: \$12/\$14NR per month

Yoga and Relaxation

Yoga is the original mind-body workout. The postures help align your muscles and bones promoting a sense of unity and balance. When your body feels balanced, so does your mind. The exercises in this class are on floor mats.

Section 1: Tues./Thurs. 8:30-9:45AM

Section 2: Tues./Thurs 9:45-11:00AM

Instructors: Liz Wendel and Supriya Swerdlick Hermenze

Fee: \$35/\$42NR per month

Evening Yoga and Relaxation

The postures help align your muscles and bones promoting a sense of unity and balance. When your body feels balanced, so does your mind. The exercises in this class are on floor mats.

Tues./Thurs. 7:15-8:15PM

Instructor: TBA

Fee: \$40/\$48NR per month

Seated Yoga

Stretching, breathing techniques and relaxation are the focus of this seated class.

Tues./Thurs. 11:05-11:50AM

Fee: \$30/\$36NR per month

Instructors: Supriya Swerdlick Hermenze and Liz Wendel

Seated Stretching & Relaxation

An easy (to moderate) approach to increase and improve flexibility and range of motion and posture. The program will include a combination of basic and gentle stretching, breath awareness and relaxation.

Tues./Thurs. 1:05-1:50PM

Instructor: Barbara Reidy

Fee: \$30/\$36NR per month

**Registration for 2016 Fitness Classes opens at 8:30 am on
Tuesday, October 20, 2015.**

Classes begin Monday, January 4, 2016.

Fitness Policy for 2016

Below are the registration and payment policies.

How to Register

- **You must be present to register.** However, if you know a member who cannot be present, you may register for yourself and that **one** other member.
- **You may register for only one class at a time.** If you want to take multiple fitness classes, register for one class, then return to the end of the line to register for each additional class. When you register, please specify the months in which you're enrolling.

Payments

- Please pay for fitness classes **using cash or check** by the **25th** of the preceding month.
- **At registration, you must present a current Visa, MasterCard or American Express card preferably with an expiration date after 12/31/16.** We will keep the number on file. If you are late and have not paid for your class by the 8th of the month, we will charge that month's class fee — plus a \$1.50 transaction charge — to your credit card. **Please note:** If you are registering for someone else, that person must provide credit card information directly to Tracy.
- **If you do not provide credit card information,** we require a three-month advance payment due before December 15, March 15, June 15 and September 15 to ensure your slot in the class. If you do not pay this advance fee, you will forfeit your class slot.
- Payment is not required at the time of registration.

Cancellations

- **If you wish to cancel a full month of fitness class enrollment and not have to pay,** you must notify Founders Hall in writing by the 15th of the previous month. If you do not let us know in writing by that date, you will still be responsible for payment. Forms for this purpose are available at the front desk and at Tracy's desk.

Thank you for your understanding and cooperation with these policies.