



FOUNDERS HALL

Fitness **2023**

FOUNDERS HALL

FITNESS PROGRAM 2023

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

Registrations for 2023 Fitness Classes are due by 4:30PM
on Monday, October 31, 2022.
Classes begin Tuesday, January 3, 2023.

Fitness Policy for 2023

Below are the registration and payment policies.

How to Register

- Complete the form in this book.
- If you are registering for more than one class, please complete the appropriate section on the form for CLASS TWO.
- Drop off or mail the form to Founders Hall so that it arrives by 4:30PM on October 31.
- **You do not need to include any payment with the registration.**
- If you are including more than one person on the form, please place initials or name next to the selected class.

Process

If more people are interested in a class than there are available spaces, we will use a random lottery to assign places. **All registrations received by 4:30PM on Monday, October 31** will be included in any necessary lotteries. If there is a lottery and there is not space for you in a class, we will notify you and let you know which programs

have space.

If you register for CLASS TWO and a lottery is required for that class, priority will be given to those requesting the class as their only Fitness class.

Fitness and Semester registrations are considered separate. Those bumped from a prior Semester program will not be given preference in any necessary Fitness class lottery.

Registrations are non-transferrable. We do keep waiting lists for those who wish to join a filled class.

Confirmation of registration and request for payment method will be sent by November 8.

Payments

- ***Payment is not required at the time of registration.***
- Please pay for Fitness classes using cash or check by the 25th of the preceding month.
- You can pay monthly or quarterly for fitness classes. If you plan to pay monthly, you must give Tracy a credit card as a backup payment method, preferably one with an expiration date later than 12/23. The card will only be used if your payment is more than a week late into the month. Or, if you prefer, you can set up an automatic monthly charge to your card.
- If you want to pay quarterly, no backup is required. You must pay for the quarter by 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.

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.

Thank you for your understanding and cooperation with these policies.

FOUNDERS HALL FITNESS 2023

Founders Hall FITNESS 2023 Registration Form

Fitness Program

*Sponsored by The Paul and Johanna Laszig Fund and
Barker Welfare Foundation*

Aerobics ~ In-person

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

Mon./Wed./Fri. 9:00-9:55AM

Class is on-going

Instructor: Susan Neumann

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

Aerobics ~ On Zoom

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

Mon./Wed./Fri. 10:30-11:25AM

Class is on-going

Instructor: Susan Neumann

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

Aquacize ~ In-Person

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 ~ In-person and On Zoom

Pilates approach will be used in this core strengthening program. Stretching and use of hand weights will strengthen the overall body as well as improve flexibility and balance.

Mon./Wed. 3:00-4:00PM

Class is on-going

Instructor: Louise H. and Susan N.

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

Member ID Number _____

Name _____

Address _____

Phone _____ E-mail: _____

Please check the box next to the class you wish to take. This will register you for all twelve months of 2023. If there are months you will be away, please note those months on the line next to the class name ("Exclude these months.")

If more members are interested in a class than there are available spaces, we will use a random lottery to assign places.

If you wish to take more than one class, complete the form for 'Class Two.' In the event a lottery is necessary, priority will be given to those requesting the class as their only Fitness class.

If you are including more than one person on the form, place name next to the check box.

Sign me up Exclude these months

Class ONE

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Core Zoom _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 2 In-Person _____
- Strength and Balance 2 Zoom _____
- Strength Core & More In-Person _____
- Strength Core & More Zoom _____
- Stretch & Flex In-Person _____
- Stretch & Flex Zoom _____
- Tai Chi Beginner In-Person _____
- Tai Chi Beginner Zoom _____
- Tai Chi Intermediate In-Person _____
- Tai Chi Intermediate Zoom _____
- Tai Chi Advanced In-Person _____
- Tai Chi Advanced Zoom _____
- Yoga & Relax Gentle In-Person _____
- Yoga & Relax Gentle Zoom _____
- Yoga & Relax Moderate In-Person _____
- Yoga & Relax Moderate Zoom _____
- Yoga Seated In-Person _____
- Yoga Seated Zoom _____

Sign me up Exclude these months

Class TWO

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Core Zoom _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 2 In-Person _____
- Strength and Balance 2 Zoom _____
- Strength Core & More In-Person _____
- Strength Core & More Zoom _____
- Stretch & Flex In-Person _____
- Stretch & Flex Zoom _____
- Tai Chi Beginner In-Person _____
- Tai Chi Beginner Zoom _____
- Tai Chi Intermediate In-Person _____
- Tai Chi Intermediate Zoom _____
- Tai Chi Advanced In-Person _____
- Tai Chi Advanced Zoom _____
- Yoga & Relax Gentle In-Person _____
- Yoga & Relax Gentle Zoom _____
- Yoga & Relax Moderate In-Person _____
- Yoga & Relax Moderate Zoom _____
- Yoga Seated In-Person _____
- Yoga Seated Zoom _____

FOUNDERS HALL FITNESS 2023

Seated Stretching & Conditioning ~ In-person and On Zoom

An easy (to moderate) approach to increase and improve flexibility, strength and posture. The program will include a combination of gentle stretching, breath awareness and muscle and core strengthening.

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

Class is on-going

Instructor: Barbara Reidy

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

Strength and Balance 1 ~ In-Person

55-minute exercise program suitable for most levels improves body alignment and balance. Standing dance movement exercises combined with chair-seated hand-weights, abdominal strengthening exercises and flexibility stretches.

Mon./Wed./Fri. 11:00-11:55AM

Class is on-going

Instructors: Laura M. and Louise H.

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

Strength and Balance 2 ~ In-Person

This exercise program is a little faster paced and uses hand weights and other tools in standing and floor mat workout routines that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance. Participants in this class must be able to use floor mats.

Mon./Wed./Fri. 12:00-12:55PM

Class is on-going

Instructors: Laura M. and Louise H.

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

Strength and Balance Level 1 - Beginner with Susan ~ On Zoom

55-minute exercise program suitable for most levels improves body alignment and balance. Standing dance movement exercises combined with chair-seated hand-weights, abdominal strengthening exercises and flexibility stretches.

Mon./Wed./Fri. 10:00-10:55AM

Class is on-going

Instructor: Susan Consentino

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

Strength and Balance Level 2 - Intermediate with Susan ~ On Zoom

This exercise program is a little faster paced and uses hand weights and other tools in standing and floor mat workout routines that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance. Participants in this class must be able to use floor mats.

Mon./Wed./Fri. 11:00-11:55AM

Class is on-going

Instructor: Susan Consentino

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

FOUNDERS HALL FITNESS 2023

Strength Core and More ~ In-person and On Zoom

This class incorporates strength, balance and core work. Total body toning will be achieved by using dumbbells, resistance bands and small weighted balls. Exercises will be done standing and on the floor with exercises on a mat.

Tues./Thurs. 5:00-6:00PM

Class is on-going

Instructor: Lindy Olszewski

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

Stretch and Flex ~ In-Person and On Zoom

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./Fri. 1:00-1:55PM

Class is on-going

Instructors: Laura M. and Louise H.

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

Tai Chi Beginner ~ In-Person and On Zoom

Bil will guide participants in this art and gentle exercise. While first a short choreographed ten movement 'form,' the basic stances, methods of movement and mental focus will be explained and practiced as well as a bit of Tai Chi history, and Chinese culture that shaped this art. The short (about three minute) forms can be used at home to relieve stress, insomnia and as low impact exercises to aid in flexibility, strength and balance.

Mon./Fri. 8:30-9:15AM

Class is on-going

Instructor: Bil Mikulewicz

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

Tai Chi Intermediate ~ In-Person and On Zoom

For continuing students, Mari and Lou will teach the long form of the Yang Style Tai Chi Chuan. This 'soft' form of martial arts is considered a safe and effective isometric exercise. Tai Chi is known to help improve balance, flexibility, strength and coordination as well as aid in the ability to manage stress.

Mon./Fri. 9:15-10:00AM

Class is on-going

In-Person Instructor: Mari Lewis and Lou Mendyk

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

Zoom Instructor: Mari Lewis

FOUNDERS HALL FITNESS 2023

Tai Chi Advanced ~ In-Person and On Zoom

Advanced students will continue their study and practice of the long form of the Yang Style Tai Chi Chuan.

Tues./Thurs. 12:00-1:00PM

Class is on-going

In-Person Instructor: Mari Lewis and Lou Mendyk Fee: \$40/\$48NR per month

Zoom Instructor: Mari Lewis

Yoga and Relaxation Gentle ~ In-person and On Zoom

This class includes warming stretches, yoga postures and breathing techniques. It will combine slow and easy movements and is suitable for newer students and those wanting a mellow practice. Students will need to get up and down from floor mats.

Tues./Thurs. 9:50-11:00AM

Class is on-going

Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.) Fee: \$35/\$42NR per month

Yoga and Relaxation Moderate ~ In-person and On Zoom

This class includes warming stretches, yoga postures and breathing techniques. This moderate class includes some intermediate level postures and longer holds and is suitable for students with some experience.

Tues./Thurs. 8:30-9:40AM

Class is on-going

Instructors: Liz W. (Tues.)/ Beverly L. (Thurs.) Fee: \$35/\$42NR per month

Seated Yoga ~ In-person and On Zoom

Balancing mind and body through stretches, breath and relaxation techniques. Some standing is done using the chair as support. All levels are welcome.

Tues./ Thurs. 11:10-11:55AM

Class is on-going

Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.) Fee: \$30/\$36NR per month



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