



FOUNDERS HALL

Fitness 2020

FOUNDERS HALL
FITNESS PROGRAM 2020

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

Registration for 2020 Fitness Classes opens at 8:00 am on
Tuesday, October 15, 2019.
Classes begin Thursday, January 2, 2020.

Fitness Policy for 2020

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
- When you register, please specify the months in which you're enrolling.
- 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.

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.
- At registration, you must present a current Visa, MasterCard or American Express card preferably with an expiration date after 12/31/20. 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.

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.

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

Instructors:

D Bell, S Consentino, S Neumann 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. 3:30-4:30PM
Instructor: Patti McEvoy Maloney 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 that strengthen abdominal and lower back muscles, and increase flexibility to improve body alignment and balance.

Participants must be able to use floor mats in Intermediate Level classes.

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, 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. 5:45-6:45PM

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

Instructor: Lindy Olzewski

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

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

Instructor: Colleen Cugine

Seated Stretching & Conditioning

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

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

Instructor: Barbara Reidy

Tai Chi

The following Tai Chi classes 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.

The Tai Chi Beginner classes and Beginner Workshop classes start in January with the study of the first of the three sections of the form and, over the full year, progress through the study of the second and third sections of the traditional Tai Chi long form.

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	Tue./Thu. 12:00-1:00PM	Fee: \$35/\$42NR per month

Instructor: Mari Lewis

Beginner Workshop	Wed. 8:30-9:30AM	Fee: \$12/\$14NR per month
Beginner Workshop	Thurs. 2:15-3:15PM	Fee: \$12/\$14NR per month

Coach: Diane Kerner

Please note: New students are not accepted in Tai Chi classes after June 30.

Yoga and Relaxation

These classes include warming stretches, yoga postures and breathing techniques. Section 1 includes some intermediate level postures and longer holds and is suitable for students with some experience. Section 2 combines slow and easy movements and is suitable for new students and those wanting a mellow practice. Students need to get up and down from mats on the floor.

Section 1: Moderate Level	Tues. Liz / Thurs. Beverly	8:30-9:45AM
Section 2: Gentle Class	Tues. Liz/ Thurs. Supriya	9:45-11:00AM

Instructors: L Wendel, S Hermenze, B Leighton Fee: \$35/\$42NR per month

Seated Yoga

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

Tues. Liz / Thurs. Supriya	11:05-11:50AM	Fee: \$30/\$36NR per month
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Instructors: Supriya Swerdlick Hermenze and Liz Wendel

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