

Founders Hall 2018 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

Instrs: S Consentino, TBA and 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

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, 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

Seated Stretching & Conditioning

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

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

Instructor: Barbara Reidy

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

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

Instructor: Mari Lewis

Beginner Workshop Wed. 8:30-9:30AM Fee: \$12/\$14NR per month
Coach: Diane Kerner

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 with postures. Section 2 combines slow and easy movements and is suitable for new students and those wanting a mellow practice.

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

Instructors: L Wendel, S Hermenze, V Rich 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
Instructors: Supriya Swerdlick Hermenze and Liz Wendel

**Registration for 2018 Fitness Classes opens at 8:00 am on
Tuesday, October 17, 2017.
Classes begin Tuesday, January 2, 2018.**

Fitness Policy for 2018

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

- **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 12/31/18.** 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.