

FOUNDERS HALL FITNESS JAN-APRIL 2022

Fitness Registration for 2022

We are now taking registrations for January through April of 2022.

We will not be having an in-person registration this year and registrations are not first-come, first-served. Instead, we will take registrations until 4:30pm on Friday, November 5. If a class is overbooked, we will do a random lottery of everyone who registered on time to determine who is in the class. You will hear back from Tracy the following week to either confirm your enrollment or let you know that you are on the waiting list.

You can register by emailing Tracy Dubin at tracy@founders-hall.org, or calling her at 203-431-7000.

The following is information that we need to complete your registration:

The name of the class or classes you wish to take.

The months that you want to enroll. (January through April only.)

If you want more than one class, please say which is your first choice. We will put people in for second choices based on availability.

Please contact Tracy if you have any questions.

Thank you for your patience as we adjust to this temporary procedure.

Fitness Program

*Sponsored by The Paul and Johanna Laszig Fund,
Ridgefield Parks and Recreation and
Barker Welfare Foundation*

To check on availability and to register, please call Tracy at (203) 431-7000 or email her at tracy@founders-hall.org.

Aerobics ~ In-person

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

Section 1: 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.

Section 1: 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: Lindy Olszewski Fee: \$30/\$36NR per month

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. 11:00AM-12:00PM Class is on-going
Instructor: Susan Consentino Fee: \$35/\$42NR per month

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 ~ On Zoom

Mari Lewis 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.

Monday and Friday 8:30-9:30AM Class is on-going
Instructor: Mari Lewis Fee: \$30/\$36NR per month

Tai Chi Intermediate ~ On Zoom

For continuing students, Mari Lewis 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.

Monday and Friday 9:30-10:30AM

Class is on-going

Instructor: Mari Lewis

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

Tai Chi Advanced ~ On Zoom

Mari's continuing advanced students will continue their study and practice of the long form of the Yang Style Tai Chi Chuan.

Tues./Thurs. 10:00-11:00AM

Class is on-going

Instructor: Mari Lewis

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

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. Liz / Thurs. Supriya 11:10-11:55AM

Class is on-going

Instructors: Liz W. (Tues.)/ Supriya H. (Thurs.)

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