

## FOUNDERS HALL FITNESS 2022

### 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

## FOUNDERS HALL FITNESS 2022

### 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](mailto: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

## FOUNDERS HALL FITNESS 2022

### 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

## FOUNDERS HALL FITNESS 2022

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