



FOUNDERS HALL

Fitness
2025

FOUNDERS HALL

FITNESS PROGRAM 2025

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

Registrations for 2025 Fitness Classes are due by 4:30PM
on Monday, October 28, 2024.
Classes begin Thursday, January 2, 2025.

Fitness Policy for 2025

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 “I Would Also Like to Take.”
- Drop off or mail the form to Founders Hall so that it arrives by 4:30PM on October 28.
- **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 28** 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 a second class 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 6.

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 12/2025. 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 2025

Founders Hall FITNESS 2025 Registration Form

Fitness Program

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

Aerobics ~ In-person and On Zoom

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

Core ~ In-person

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: \$35/\$42NR 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: \$35/\$42NR 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 2025. 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 'I Would Also Like to Take.' 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

Sign Me Up For

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 1 Sect 2 2:00 _____
- 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 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

I Would Also Like to Take

- Aerobics In-Person _____
- Aerobics Zoom _____
- Aquacize In-Person _____
- Core In-Person _____
- Seated Stretch & Cond In-Person _____
- Seated Stretch & Cond Zoom _____
- Strength and Balance 1 In-Person _____
- Strength and Balance 1 Zoom _____
- Strength and Balance 1 Sect 2 2:00 _____
- 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 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 2025

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.

Section 1 Mon./Wed./Fri. 11:00-11:55AM Class is on-going
Instructors: Laura M., Louise H., Diane B. Fee: \$40/\$48NR per month

Section 2 Mon./Wed./Thurs 2:00-2:55PM Class is on-going
Instructors: Diane B. Fee: \$40/\$48NR 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., Louise H., Diane B. Fee: \$40/\$48NR per month

Strength and Balance Level 1 - Beginner ~ On Zoom only

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: Diane B. and Laura M. Fee: \$40/\$48NR per month

Strength and Balance Level 2 - Intermediate ~ On Zoom only

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: Diane B. and Laura M. Fee: \$40/\$48NR per month

FOUNDERS HALL FITNESS 2025

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: TBD 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., Louise H., Diane B. Fee: \$40/\$48NR per month

Tai Chi Beginner ~ In-Person

Master Wendy has been teaching the Wu style Tai Chi for the past 40 years and looks forward to bringing this style to our Founders Hall members. Wu style tai chi is well-suited for beginners and people with physical limitations and works on improving your posture, balance and coordination. Practicing tai chi can promote harmony between the mind and body, stimulate mental and physical awareness and relieve stress.

Mon./Fri. 8:15-9:00AM Class is on-going
Instructor: Wendy Shih Fee: \$40/\$48NR per month

Tai Chi Intermediate ~ In-Person and On Zoom

For continuing students, Master Wendy will continue to teach the long form of Wu style Tai Chi. This 'soft' form of martial arts is considered a safe and effective isometric exercise and great for people with physical limitations. 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
Instructor: Wendy Shih Fee: \$40/\$48NR per month

FOUNDERS HALL FITNESS 2025

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

Instructor: Lou Mendyk

Class is on-going

Fee: \$40/\$48NR 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

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

Class is on-going

Fee: \$40/\$48NR 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

Instructors: Liz W. (Tues.)/ Beverly L. (Thurs.)

Class is on-going

Fee: \$40/\$48NR 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

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

Class is on-going

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



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