

FIND YOUR PERFECT FITNESS CLASS!

Looking to improve flexibility, range of motion or balance?

Balance in Motion
Pilates
Tai Chi
Barre
Yoga

Need a gentle class or have mobility issues?

Therapy Ball Relax/Restore
Silver Sneakers Classes
Gentle Yoga
Tai Chi

Silver Sneakers classes

Silver Sneakers Classic
Silver Sneakers Splash
Silver Sneakers Circuit
Silver Sneakers Yoga

Fun and Challenging

Salsa Fit, TRX, HIIT
Dance Your Yoga Flow
Warrior Training
Core Circuit
Kettlebells
Spoga

Looking for Cardio?

Warrior Training
Cardio Kickbox
Salsa Fit
Spin

Prefer a water class?

Silver Sneakers Splash
Water Fitness
Aqua Therapy

Build Strength & Endurance with:

Warrior Training
Kettlebells
Bootcamp
TRX

NEW! Learn the Basics!

Begin to Spin

Find Your Perfect Fitness Class! We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Begin to Spin	Are you interested in taking a spin class but hesitant about how or where to start? Would you like some additional assistance in setting up your bike to fit your body? This class led by our MCC Spin instructors will take you through the beginning basics and allow you to learn how to spin in a stress-free environment.
Warrior Training	Are you planning to participate in a triathlon, road race or Warrior Dash? This class will help get you and your body ready for your event. Be prepared to work hard, though exercises are adaptable to any fitness level.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Extreme Spin	A class designed for the experienced cyclist or spinner. Be prepared for a workout. We strongly suggest you bring two water bottles to class.
Spoga	A yoga- spin hybrid class, designed to give you 30 minutes of cardiovascular workout on the spin bike, followed by 30 minutes on the yoga mat. The combination allows you to increase your overall fitness while improving flexibility and core strength.
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Sunrise Yoga	A yoga class designed to start your morning off on the right foot. Class is appropriate for all levels.
Power Yoga 1	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Yin/Yang	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
Moderate Yoga	A dynamic class for all levels of practitioners. Students should have a minimum of one year daily yoga practice.
Iron Yoga	This is a moderate practice in which the use of small hand weights (2-3 lbs) are used to strengthen, tone and create balance in the body. All levels are welcome!
Winter Reflection Yoga	This intentional, deeply restorative class will offer meditation, breathwork, yin yoga series and dedication to contemplative journaling and writing. This space will be held with a "yoga retreat" feeling. Please bring a blanket, a journal, pen and an open mind to every class. Hand-made, zero waste art journals are offered for a material fee of \$4.
Yoga Core	Yoga Core is a movement system that promotes core stability and good posture. Excellent strengthening, lengthening and balancing the musculature of the body, helps to bring about balance to the whole being. Ideal for all levels.
Pilates w/Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down positions. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all, to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's supervision should not attend.
Therapy Ball Relax & Restore	Interested in learning self-care you can do at home? In this class you will learn techniques to find your body's blind spots. You will learn how to locate and release tight muscles and tissues caused by common postural habits, work positions and old injuries. Using various therapy balls and targeting breath you will release stress and tension held in the body. Therapy Balls are provided in class, but you may choose to bring your own if you have them.

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Laughter Pilates	“Pilates is for Everybody” according to Joseph H. Pilates. In this multi level class we will focus on Breath and Laughter as a path to health. Margherita has been teaching Pilates to a diverse population since 2003 and wants to encourage all who are interested in Pilates to try out this innovative exercise which can be incorporated into everyone’s daily movement patterns. Your body will be glad you did.
Corefusion	A class combining the fundamental movements of both Pilates and yoga. Emphasis on breath work and core strength
Silver Sneakers Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Silver Sneakers Splash	Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class is FREE for SilverSneakers members.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for Silver Sneakers members.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout wand will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won’t even know its exercise.
Dance Your Yoga Flow	As a champion ballroom dancer I have created a class blending yoga flow sequences with traditional dance conditioning moves to enhance balance, flexibility and core strength while moving gracefully and beautifully to inspiring music.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
Functional Strength Exp.	Do you want to get in a great overall workout in your lunch break? Using your own body weight and various resistance tools, you will strengthen all major muscle groups in just half an hour!
TRX	Learn to use this equipment to challenge yourself in new ways! This half hour class will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
TRX Pump	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.



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Cardio Kickbox	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.
Tai Chi First Year	Achieve balance, serenity and improved health with the gentle movements of this flowing meditative Chinese exercise system. Learn to direct your life force, "Chi" to relax and energize the mind and body, increase flexibility and reduce stress.
Continuing Tai Chi	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

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