

Fitness Class Descriptions Spring 2025

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.
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.
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. Class may utilize outdoor space as weather allows.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, steps and balance training along with your own body weight to help you get stronger to do what you want and need to do daily. This class will also incorporate stretching for flexibility.
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.
Mat Pilates	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down position. 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 care should not attend.
Corefusion	A class combining the fundamental movements of both Pilates and Yoga. Emphasis on breath work and core strength.
1st Year Tai Chi	This class will introduce students to this ancient Chinese martial and movement system that can help alleviate stress, calm the mind, improve balance and circulation and increase flexibility. We'll use various Yang style Tai Chi movement and classical Qigong healing exercises to help us learn to direct our life force (Chi) to relax and energize the mind and body and move toward a more relaxed mindfulness. This course can be repeated as many times as the student feels necessary before moving on to the Continuing class.
Continuing Tai Chi	This class is designed for experienced practitioners to bring their Tai Chi skills to the next level. We will focus our practice on Tai Chi fundamentals and principles, improved energy and body balance and an enhanced body-mind connection using more complex form movements and Chi (life force) cultivation exercises. Requirement: two years experience or permission of the instructor.
Salsa Fit	Have some Salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun – you won't even know it's exercise.
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. Virtual Available!
Silver Sneakers Classic	Have fun and move 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 SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members. Virtual Available!
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 to Silver Sneakers Members.
Silver Sneakers Stability	Stability is the newest SilverSneakers class designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power around the ankle, knee and hip joints, while improving your reaction time. Class is FREE for SilverSneakers members.

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Total Body Start	A beginner-friendly class that focuses on building a strong foundation with bodyweight and dumbbell exercises. Perfect for those new to fitness, this class targets all major muscle groups to improve strength, mobility, and endurance.
Total Body Build	A full-body strength training class designed to help you build muscle, power, and endurance. Through a mix of bodyweight exercises and functional movements, this class targets every major muscle group, helping you sculpt, tone, and increase overall strength. Ideal for all levels
Total Body Burn	A high-energy, full-body workout designed to torch calories and build strength. This class combines dynamic bodyweight exercises, cardio bursts, and endurance training to challenge every muscle group. Whether you're aiming to burn fat, improve endurance, or boost overall fitness
Total Body Burst	A fast-paced, high-intensity workout that targets every muscle group in short, powerful bursts. This class combines bodyweight exercises with explosive movements to build strength, increase stamina, and accelerate fat loss. Get ready for a full-body challenge that pushes your limits, boosts your metabolism, and leaves you feeling accomplished.
Yoga For Every Body	This class emphasizes inclusivity and accessibility in yoga practice, welcoming individuals of all shapes, ages, abilities and sizes. It focuses on adapting poses and techniques to suit diverse needs, promoting physical health, mental health, and self-acceptance. This approach encourages everyone to explore yoga at their own pace, fostering a supportive environment for personal growth and mindfulness
Strength Fusion	A high-intensity workout combining strength training and functional movements to build muscle, improve endurance, and boost overall fitness. This class blends weightlifting, bodyweight exercises, and circuit-style training to challenge your body and deliver powerful results. Perfect for all fitness levels!
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.
TRX Circuit	Join us for this metabolic total body workout. Circuit training will include TRX straps as well as other aerobic and strength stations.
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.
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!
ZUMBA	Get ready to groove in a 60-minute Zumba class that transforms fitness into a dance party. Start with a fun warm-up to get your body moving, then dive into a high-energy mix of salsa, merengue, and hip-hop.
Core Express	A 30 minute class to focus on building and strengthening your core.
Restore Yoga	Join us on Sunday mornings for our restorative yoga class. This is an excellent pathway to quiet the mind and calm the body. With the use of props such as blocks, and blankets restorative postures release tension and encourage surrender into a deeper sense of relaxation and stillness. Restorative yoga classes are perfect for all levels of experience and stages of flexibility.

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Ability Fitness	This class is for adults and teens (ages 14+) with special needs, offering a fun and healthy fitness experience. It includes stationary "spin" bike cardio and functional strength training using bodyweight exercises, hand weights, resistance bands, stability balls, and aerobic steps. The instructor will adapt exercises as needed. Participants requiring additional support should register 15 days in advance and note any accommodations or medical alerts on the registration form.
Alexander Technique	(AT for All)- The Alexander Technique is a method for improving posture, coordination, and overall movement. It emphasizes the relationship between the head, neck, and back and how these elements influence the overall bodily coordination. By becoming conscious of these patterns, individuals can learn to release unnecessary tension and move in a more balanced and efficient manner.
Mobility and Posture	Improve your posture and overall health with the 5-week Alexander Technique workshop, focused on balance, mobility, and overcoming the fear of falling. One in three people over 65 will experience a fall each year, with fear contributing to increased muscle rigidity and instability. The Alexander Technique is a proven technique that helps restore balance, improve coordination, and reduce chronic pain through the instructor's hands on, gentle movements and educational methods to increase awareness and the mind-body connection.
Yoga Flow-All Levels	All Levels- All-levels yoga flow is a sequence of movements that cater to beginners through experienced practitioners. It typically begins with breath work to center the body and mind, followed by a series of accessible poses that flow together. Modifications are offered for each pose to ensure that everyone can participate, regardless of skill level. The class focuses on building strength, flexibility, and mindfulness.
HIIT	HIIT (High-Intensity Interval Training) is a fast-paced workout that alternates between intense exercise bursts and short recovery periods. It boosts calorie burn, improves cardiovascular fitness, and builds strength and endurance. Customizable for all fitness levels, it combines cardio, strength, and bodyweight exercises.

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