

Fitness Center

Youth Resistance Training Orientation - **UPDATED!**

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+) to learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during youth fitness hours, under a parents/guardians supervision. This class is mandatory for use of the fitness center by this age group. **This program is available to Community Center Members only. Pre-registration required.**

Instructor: Mansfield Community Center Personal Trainers

Days/Times: 270090-A Fri., Sept. 16, 5:30-6:30 p.m.
270090-B Sat., Oct. 22, 10:30-11:30 a.m. 😊
270090-C Sun., Nov. 27, 10:30-11:30 a.m. 😊

Fees: \$10 per youth/parent pair – Members Only
Pre-registration required.

Location: Exercise/Dance Studio



Core Stability Essentials and Exercises

Let's dive into the details of training your core and learn core stabilization exercises.

Instructor: Mandy Ivory
Location: Exercise Studio
Date: Mon., Sept. 12
Time: 12-1 p.m.
Fee: FREE to members, \$10 for non-members
Activity #: 270091-A

Concepts of Fat loss after 50 😊

Are you over 50 and struggling to have the body composition you want? Come learn how your body's physiology can make things more challenging as you get older. This talk will focus on the importance of strength training as well as other hints and tips to help you be the best you that you can be!

Instructor: Jerry Kleinman
Location: Arts and Crafts
Date: Tues., Oct. 18
Time: 5-6 p.m.
Fee: FREE to members, \$10 for non-members
Activity #: 270091-B

Making the Most of Your Fitness Journey

You come to the center for your class, not realizing it is a skip date, now what do you do? Come to this informative talk and tour to find out how you can use the Mansfield Community Center's resources to help you reach your fitness goals.

Instructor: Jessica Tracy
Location: Community Room to begin
Date: Tues., Nov 8
Time: 10-11 a.m.
Fee: FREE to members, \$10 for non-members
Activity #: 270091-C

Senior Health & Wellness Fair

UConn Physical Therapy students will provide FREE health assessments including: Body Composition, cardiovascular and aerobic capacity, balance, strength, flexibility, cognition and posture. This event is FREE and open to the public. Check our website for updates on dates and times.

Date/Time: TBA
Location: MCC Gymnasium
Fee: FREE; No registration needed

Youth Fitness – Cardiovascular

Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower and indoor track) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth and parent must check in with Fitness Assistant upon arriving on the fitness floor. Only cardiovascular equipment may be used, unless Youth Resistance Training Class has been completed. Orientation to cardiovascular equipment is not mandatory, but strongly suggested. Please ask for help from our Fitness Assistants.

Days: Tues., Thurs., Fri., 4-8:30 p.m., Sat 7-4, Sun 8-4

Fee: FREE! – Members only!



Health Assessment & Coaching

V Nutrition Counseling



Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

2- 30 minute sessions - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take). Virtual Options available.

Functional Movement Screen

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

2-30 minute sessions - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

V Stress Management- Finding a Balance

Are you struggling with day to day stress, trying to get on top of it all and still feel joy? Learn how to create effective habits for YOU, that will help you to manage your stress. 2-30 minute sessions \$60. Virtual Options available.

Body Composition Testing

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

2-30 minute sessions - \$60 (initial measurement and 6-week follow-up)

For information on above packages email tracyja@mansfieldct.org

COMING SOON:

MOSSA classes (virtual program streaming) at Community Center Studio! Watch www.mansfieldcc.com for more info!

Personal Trainers



Jerry Kleinman
860-617-1161



Mandy Ivory
860-933-4852



Jessica Tracy
860-429-3015

North Windham Animal Hospital & Surgical Center

**A FULL SERVICE
VETERINARY HOSPITAL
AND
SURGICAL CENTER**

860-456-4701

99 Boston Post Road
North Windham,
CT 06256



northwindhamanimalhospital.com

Open: Mon - Thurs 7:30-6 • Fridays 7:30-5
Closed on Sat.

FITNESS SCHEDULE FALL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$118/\$236 20 classes, no 9/5 270001-A2, \$124/\$248 21 classes, no 11/21, 11/23, 11/25 Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 270012-B1, \$50/\$100 7 classes 270012-B2, \$43/\$87 6 classes, no 11/8, 11/22 Instructor: Jerry,	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$118/\$236 20 classes, no 9/5 270001-A2, \$124/\$248 21 classes, no 11/21, 11/23, 11/25 Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 270012-C1, \$50/\$100 7 classes 270012-C2, \$50/\$100 7 classes, no 11/24 Instructor: Jerry, Gym	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$118/\$236 20 classes, no 9/5 270001-A2, \$124/\$248 21 classes, no 11/21, 11/23, 11/25 Instructor: Ron	Please check our website for updates on weekend fitness programs such as Yoga, Spin, Running Club and more!	
TRX 9-9:30 a.m. ☺ 270076-A1, \$18/\$36 5 classes, no 9/5, 10/10 270076-A2, \$25/\$50 7 classes, no 11/21 Instructor: Jess, Gym A	Outdoor Bootcamp 7-7:45 a.m. 270012-D1, \$43/\$86 6 classes, no 10/18 Instructor: Jerry, Outside	Water Fitness 8:45-9:45 a.m. ☺ 270037-B1, \$50/\$100 7 classes 270037-B2, \$50/\$100 7 classes, no 11/23 Instructor: Colleen	Outdoor Bootcamp 7-7:45 a.m. 270012-E1, \$43/\$48 6 classes, no 10/20 Instructor: Jerry, Outside	Functional Strength 8:45-9:45 a.m. 270014-B1, \$50/\$100 7 classes 270014-B2, \$50/\$100 7 classes, no 11/25 Instructor: Colleen		
Mat Pilates 9-10 a.m. ☺ 270028-A1, \$36/\$72 5 classes, no 9/5, 10/10 270028-A2, \$50/\$100 7 classes, no 11/21 Instructor: Colleen	Aqua Therapy 10:30-11:15 a.m. T/Th 270041-A1, \$76/\$152 14 classes 270041-A2, \$76/\$152 14 classes, no 11/22 Instructor: Dorinda	📍 Salsa Fit 9-10 a.m. ☺ 270037-A1, \$50/\$100 7 classes 270037-A2, \$50/\$100 7 classes, no 11/23 Instructor: Kelly	TRX 9-9:30 a.m. 270076-B1, \$25/\$50 7 classes 270076-B2, \$25/\$50 7 classes, no 11/24 Instructor: Colleen, Gym A	Water Fitness 10-11 a.m. 270037-C, \$50/\$100 7 classes 270037-C2, \$50/\$100 7 classes, no 11/25 Instructor: Colleen		
Water Fitness 10-11 a.m. ☺ 270037-A1, \$36/\$72 5 classes, no 9/5, 10/10 270037-A2, \$50/\$100 7 classes, no 11/21 Instructor: Keri	Silver Sneakers Circuit/ Yoga 11-11:45 a.m. 270021-A1, \$38/\$76 7 classes 270021-A2, \$38/\$76 7 classes, no 11/22 Instructor: Jess, Comm Rm	Silver Sneakers Classic 10-10:45 a.m. ☺ 270015-B1, \$38/\$76 7 classes 270015-B2, \$38/\$76 7 classes, no 11/23 Instructor: Colleen, Comm Rm	📍 Chair Circuit 9:15-10 a.m. 270008-B1, \$22/\$44 4 classes, no 9/15, 10/6, 10/13 270008-B2, \$32/\$64 6 classes, no 11/24 Instructor: Mandy	Yin/Yang Yoga 10:30-11:30 a.m. 270023-A1, \$50/\$100 7 classes 270023-A2, \$50/\$100 7 classes, no 11/23 Instructor: Sharon		
Silver Sneakers Classic 10-10:45 a.m. ☺ 270015-A1, \$27/\$54 5 classes, no 9/5, 9/26 270015-A2, \$38/\$76 7 classes, no 11/21 Instructor: Jerry, Comm Rm	Aqua Therapy 11:20-12:05 p.m. T/Th 270041-B1, \$76/\$152 14 classes 270041-B2, \$76/\$152 14 classes, no 11/22 Instructor: Dorinda	📍 Chair Classic 10-10:45 a.m. 270015-Z, \$38/\$76 7 classes 270015-B2, \$38/\$76 7 classes, no 11/23 Instructor: Colleen	Barre 9:45-10:45 a.m. 270007-A1, \$50/\$100 7 classes 270028-A2, \$50/\$100 7 classes, no 11/24 Instructor: Colleen	Silver Sneakers Stability 11-11:45 a.m. 270019-A1, \$38/\$76 7 classes, no 7/13 270019-A2, \$38/\$76 7 classes, no 11/25 Instructor: Jess, Comm Rm		
📍 Chair Classic 10-10:45 a.m. 270015-V1, \$27/\$54 5 classes, no 9/5, 9/26 270015-V2, \$28/\$56	Yoga Foundations 2-3 p.m. 270071-B1, \$50/\$100 7 classes 270071-B2, \$50/\$100	Gentle Yoga 10:30-11:30 a.m. ☺ 270046-A1, \$50/\$100 7 classes 270046-A2, \$50/\$100	📍 Chair Yoga 10:15-11 p.m. 270022-A1, \$22/\$44 4 classes, no 9/15, 10/6, 10/13 270022-A2, \$22/\$44			

270015-V2, \$38/\$76 7 classes, no 11/21 Instructor: Jerry	270011-B2, \$50/\$100 7 classes, no 11/22 Instructor: Ayaa	270040-A2, \$50/\$100 7 classes, no 11/23 Instructor: Sharon	270022-A2, \$32/\$64 6 classes, no 11/24 Instructor: Mandy
Functional Strength 10:15-11:15 a.m. ☺ 270014-A1, \$36/\$72 5 classes, no 9/5, 10/10 270014-A2, \$50/\$100 7 classes, no 11/21 Instructor: Colleen	Let's Combat Micrographia 12-1 p.m. 270081-A, \$300, see description for more details Date: 9/13-10/25	Stroller Fit 10:45-11:45 a.m. 2700013-A1, \$50/\$100 7 classes Instructor: Jess Outside	Aqua Therapy 10:30 a.m.-11:15 p.m. T/Th 270041-A1, \$76/\$152 14 classes 270041-A2, \$76/\$152 14 classes, no 11/22 Instructor: Dorinda
Silver Sneakers Circuit 11-11:45 a.m. ☺ 270008-A1, \$27/\$54 5 classes, no 9/5, 9/26 270008-A2, \$38/\$76 7 classes, no 11/21 Instructor: Jerry, Comm Rm	Teen Strength 2:45-3:45 p.m. 270011-A1, \$50/\$100 7 classes Instructor: Jerry Fitness	Silver Sneakers Circuit 11-11:45 a.m. ☺ 270008-C1, \$38/\$76 7 classes 270008-C2, \$38/\$76 7 classes Instructor: Colleen	Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 270041-B1, \$76/\$152 14 classes 270041-B2, \$76/\$152 14 classes, no 11/22 Instructor: Dorinda
Chair Circuit 11-11:45 a.m. 270008-V1, \$27/\$54 5 classes, no 9/5, 9/26 270008-V2, \$38/\$76 7 classes, no 11/21 Instructor: Jerry		Chair Circuit 11-11:45 a.m. 270008-Z1, \$38/\$76 7 classes 270008-Z2, \$38/\$76 7 classes, no 11/23 Instructor: Colleen	Smile Through Art Workshop 12-1:30 p.m. 270082-A, Sept. 15 270082-B, Oct. 13 270082-C, Nov. 17 \$40/\$50 each session All materials included
Kettlebells 12:15-12:45 p.m. 270075-A1, \$18/\$36 5 classes, no 9/5, 10/10 270075-A2, \$25/\$50 7 classes, no 11/21 Instructor: Jess, Gym A		Homeschool Yoga 1:30-2:30 p.m. 270031-A2, \$50/\$100 7 classes, no 11/23 Instructor: Jaime,	Ability Fitness 6-6:45 p.m. ☺ 270005-A1, \$22/\$44 4 classes, no 9/15, 10/6, 10/13 270005-A2, \$32/\$64 5 classes, no 11/17, 11/24 Instructor: Mandy
Pilates Level 2 4-5 p.m. 270047-A1, \$43/\$86 6 classes, no 9/5 270047-A2, \$50/\$100 7 classes, no 11/21 Instructor: Margherita		Teen Yoga 2:45-3:45 p.m. 270033-A2, \$50/\$100 7 classes, no 11/23 Instructor: Jaime	1st Year Tai Chi 5:30-6:45 p.m. ☺ 270029-A1, \$63/\$126 7 classes 270029-A2, \$63/\$126 7 classes, no 11/24 Instructor: George, Comm rm
Yoga Foundation 6:30-7:30 p.m. ☺ 270071-A2, \$50/\$100 7 classes, no 11/21 Instructor: Jaime		Corefusion 5:20-6:20 p.m. 270055-A1, \$50/\$100 7 classes 270030-A2, \$50/\$100 7 classes, no 11/23 Instructor: Dorinda	Continuing Tai Chi 7-8:15 p.m. 270030-A1, \$63/\$126 7 classes 270030-A2, \$63/\$126 7 classes, no 11/24 Instructor: George, Comm rm

FALL FITNESS CLASSES

Session 1: Tuesday, Sept 6- Sunday, Oct 23

Session 2: Monday, Oct 24- Sunday, Dec 18

No regularly scheduled classes 11/21-11/27 -Giving week
schedule will be available mid November

First fee listed is for MCC Member, second fee is for non-
members

See class descriptions on pages 36-38

For help finding the right class for your needs, see page 35

Please check your receipt for information updated after
printing of brochure

KEY

- Class is in Gym
- Class is in Pool
- Class is Studio
- Class is Virtual via Zoom V
- Class is in Community Room
- Class is Outdoors
- Class is in Arts & Crafts
- ☺ Child Care Available



MINIMUMS & MAXIMUMS: The Parks & Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to insufficient enrollment.

DON'T BE DISAPPOINTED! REGISTER EARLY! Unfortunately we are sometimes forced to cancel programs 2-3 days before the listed program start date because of under-enrollment.

Starting Strong



Let our
Fitness Staff
Help You
**GET STARTED
ON YOUR
FITNESS JOURNEY**
the Right Way!

For a member-only appointment, stop by the Fitness Desk or call
860.429.3015 x6200

You will receive a one-on-one orientation to our fitness
equipment with a Fitness Assistant.

You will leave with a basic workout as well as the information
and confidence to continue on your fitness journey.



Track Distances

Inside lane—19 laps = 1 mile
Outside lane—17.2 laps = 1 mile



Please note—
parents must run
or walk beside their
children at all times
and follow all posted
policies regarding
use of the track.

Family Track Hours

Mon, Tues, Wed,
Thurs, Fri:
12-8:30 pm
Sat 7 am-4 pm
Sun 8 am-4 pm



MOSSA
ON DEMAND

**YOUR WORKOUTS
ANYTIME // ANYWHERE**

LEARN MORE &
START FREE TRIAL!

LOOKING FOR MORE AT-HOME OPTIONS?

Try the Mansfield Community Center's new affiliate link with
MOSSA ON DEMAND! <https://mansfieldct.gov/2237/MOSSA-ON-DEMAND>

MOSSA has a long history of inspiring millions of people to MOVE. Through the years, MOSSA has touched every part of the fitness industry. This company has its roots in successful health club ownership during the 1970s and 80s, and were the originators of the step fitness craze in the 90s. Today they are the leading developer of professional group fitness programs for health clubs and fitness centers. In 2013, MOSSA was selected by Microsoft to create home workouts, quickly becoming the most popular workouts on Xbox Fitness. We now bring you the opportunity to receive MOSSA workouts anytime, anywhere by subscribing to the digital streaming service MOSSA On Demand.



**FIND US ON FACEBOOK
and INSTAGRAM!** 
@MansfieldCommunityCenter

Find your perfect fitness class!

Looking to improve flexibility, range of motion or balance?

Stability & Fall Prevention
Pilates
Tai Chi
Yoga
TRX

Need a gentle class or have mobility issues?

Stability & Fall Prevention
Silver Sneakers Classes
Gentle Yoga
Tai Chi

Silver Sneakers classes

Circuit/Yoga
Stability
Classic
Circuit

Fun and Challenging

Kettlebells
Stroller Fit
Bootcamp
Spin
TRX

Prefer a water class?

Aqua Therapy
Water Fitness

Kids and Teens

Homeschool Yoga
Teen Strength
Strollers Fit
Teen Yoga

Build Strength & Endurance with:

Functional Strength
Kettlebells
Bootcamp
TRX

NEW!

Homeschool Yoga
Teen Strength
Stroller Fit
Teen Yoga
Barre

V

Mossa Streaming- See weekly schedule for available programs

**Chair Strength
Chair Circuit
Chair Yoga**

Actively Seeking Fitness Instructors

Certified applicants email
tracyja@mansfieldct.org

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!

Fitness Center

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.
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.
Outdoor Bootcamp	Would you prefer to take your workouts outside? This bootcamp is perfect for you. You will use your bodyweight and things found in the great outdoors to get a great workout. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Functional Strength	This program will work on strengthening your major
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Yin/Yang Yoga	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.
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.
Yoga Foundations	Serving both complete beginners and experienced yogis looking to improve their form. Yoga Foundations explores common poses in more depth so practitioners can feel more confident in their form and learnt to self-adjust as needed. Class will still flow, so be ready for a solid workout with a bit more insight into your body movements and postures.
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.
Pilates Level 2	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Pre-requisite: 6 months of former Pilates or permission from the instructor.
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.
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.
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.

Class descriptions

CLASS	DESCRIPTION
Silver Sneakers Circuit/Yoga Combo	Class will begin with circuit (see description above) and wind down with a chair based yoga session. Yoga moves your body through a series of standing and seated yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of motion. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE to Silver Sneakers Members.
Chair Yoga (Virtual)	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 virtual only
Chair Circuit (Virtual)	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 small lightweight ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Virtual only. Options will be given for alternate resistance tools.
Chair Strength (Virtual)	Have fun moving 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 small lightweight ball are offered for resistance. A chair is available if need for seated or standing support. Virtual only. Options will be given for alternate resistance tools.
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.
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.
TRX	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and 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!
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!
Teen Strength	Our goal is to help teens increase strength, speed, power, agility, and conditioning, in order to improve performance. This is accomplished with age-appropriate weigh training, and metabolic conditioning workouts. Under the eye of our instructors, proper weightlifting technique will be taught which will enhance strength and power, while also working to improve mobility, flexibility and agility. Ultimately we are Building Stronger Athletes! 14+ or entering high school
Teen Yoga	Teens will have fun getting fit, improving strength, balance, flexibility and endurance with challenging poses. They'll also develop emotional equilibrium, self-esteem, and concentration with the deep breathing, relaxation and meditation components of the sessions. 14+ or entering high school
Homeschool Yoga	Appropriate for ages K-12. This yoga class is fun, active and educational. Kids will learn age appropriate movements through imitation and direction from our Certified Yoga Instructor. Body awareness and control will be addressed to allow for safe movements all while learning and moving.
Ability Fitness	For Adults and Teens with special needs. We welcome individuals ages 14+ to join us for a fun and healthy fitness class. Class will include riding stationary "spin" bikes for cardiovascular exercise as well as functional based strength training. Strength training may include body weight exercises or other forms of resistance including hand weights, resistance bands, stability balls or aerobic steps. Instructor will make modifications to meet the needs of the participants as best as possible. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. * Please be sure to note any special accommodations or medical alerts on the registration form.

Fitness Center

Class descriptions

CLASS	DESCRIPTION
Stroller Fitness	Classes are 60 minutes long including core, cardio, and strength training all while engaging your little one(s) in the stroller. Connect with other moms, get fresh air, exercise and have fun! Extreme weather cancels. Class meets out front of MCC, participants must provide own stroller.
Let's Combat Micrographia	Micrographia is abnormally small or cramped handwriting that can come as a secondary symptom of Parkinson's Disease and other neurological disorders. This program consists of 7 weeks of 1 hour virtual sessions with additional individual practice time. An individual initial intake is completed with each participant and you will receive all course materials needed after registration. All assignment submissions and intake information is confidential. At the end of the 7 weeks you have the option to join in ongoing monthly support groups through zoom as well as a private Facebook Group. This research based program has helped 100% of participant graduates manage their micrographia, and improvement is seen in as little as 3 weeks. www.creativeneurology.com
Smile Through Art	Many neurological disorders including Parkinson's Disease and MS have varied symptoms including the "inability to smile. This virtual program held in a group setting at the Mansfield Community Center Arts & Crafts Room brings an innovative approach to managing symptoms through art and movement. 98% of participants living with Parkinson's have a heightened level of mood after participating in one of these workshops. Supplies are included for each of these 1.5 hour workshops. www.creativeneurology.com

Senior Health & Wellness Fair

UConn Physical Therapy students will provide FREE health assessments including: Body Composition, cardiovascular and aerobic capacity, balance, strength, flexibility, cognition and posture. This event is FREE and open to the public. Check our website for updates on dates and times.

Date/Time: TBA
Location: MCC Gymnasium
Fee: FREE; No registration needed

SEPTIC SYSTEM SERVICE



INSPECTIONS - REPAIRS - INSTALLATIONS

860-462-3926



SepticologyLLC

septicology.com