



## Health & Fitness Seminars

### **V** Health & Fitness Seminars

Join us on Facebook Live for our monthly health series. Watch our Facebook, Instagram and Website for different topics. No fee to watch. Available on Facebook even if you don't have a Facebook Account.

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and **INSTAGRAM!**



**@MansfieldCommunityCenter**

## Youth Resistance Training Orientation

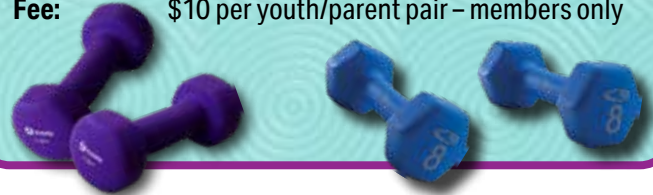
This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours.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

**Instructor:** Mansfield Community Center Personal Trainers

**Day:** **470090-A**, Sunday, May 16  
**470090-B**, Sunday, June 13  
**170090-A**, Sunday, July 18  
**170090-B**, Sunday, Aug. 15

**Time:** 12-1 p.m.

**Fee:** \$10 per youth/parent pair – members only



## AFFORDABLE SENIOR HOUSING



**\*\*Special Offer\*\*  
One month's rent  
FREE!  
Hurry, only 4  
Units left!**

Are you at least 62 years old and looking for a new, safe, affordable apartment to live in?

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Immediate 1 & 2 Bedroom  
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Veterans Welcome!

100 Old Post Road, Tolland, CT  
[Parker-Place.org](http://Parker-Place.org)



**860-454-4300**  
**959-929-7985**

## Personal Trainers



**Jerry Kleinman**  
860-617-1161



**Mandy Ivory**  
860-933-4852



**Jessica Tracy**  
860-429-3015



**Jodi Farno**  
860-966-0594



**Jennifer Clark**  
978-833-1983

## 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:** Fri., 4 - 8 p.m.; Sat., 12 - 4 p.m.; Sun., 12 - 4 p.m.

**Fee:** FREE! – Members only!

## Personal Training Packages

### 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)

### 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.

For information on above packages email [tracyja@mansfieldct.org](mailto:tracyja@mansfieldct.org)

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# Personal Training

**...for all levels of fitness! Virtual, and Outdoor options available.**

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

**How do I find a Personal Trainer at MCC that best meets my needs?**

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

**How often do I meet with a Personal Trainer?**

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

**What is the cost per session for Personal Training?**

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

- Rehabilitative Needs
- Weight Loss
- Specific Athletic Conditioning
- Challenging Your Fitness Routine
- Motivation
- Group Training



# SUBWAY



**it's a great day  
for a subway!**

## **STORRS LOCATIONS**

**125 N Eagleville Road • Open till 10 PM**

**Student Union Food Court**

**Storrs Downtown • Open till 10 PM**

***SUBWAY STORRS DELIVERS!***

***GRUB HUB, DOOR DASH, HUNGRY BUTTON***

## **EASTERN CAMPUS LOCATION**

**33 High Street • Open till 10 PM**

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**7 days a week**



## Combine Home & Auto. Save big.

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Good things happen when you combine your home and auto insurance with State Farm®.

Like saving an average of \$889\* Plus, you'll have a good neighbor like me to help life go right.

**CALL ME TODAY.**



\*Average annual household savings based on 2019 national survey of new policyholders who reported savings by switching to State Farm.

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State Farm County Mutual Insurance Company of Texas, Dallas, TX • State Farm Lloyds, Richardson, TX  
State Farm Fire and Casualty Company • State Farm General Insurance Company, Bloomington, IL 1606203  
State Farm Florida Insurance Company, Winter Haven, FL

LET'S WORK TOGETHER!

# HEALTH CARE PROFESSIONALS

Are you looking for a fitness facility to refer your patients to for a continuum of care?  
Or are you looking to provide health information sessions?

CONTACT US TO LEARN HOW WE CAN WORK TOGETHER FOR BETTER PATIENT OUTCOMES!  
JESSICA TRACY  
RECREATION SUPERVISOR  
HEALTH & FITNESS

tracyja@mansfieldct.org  
(860) 429-3015 x6202



*Missing your favorite class or instructor on our schedule?*

This summer we are working to continually bring you the best programs you have come to know and love. Some of these programs will show an instructor as TBA, or the class may be completely missing from the schedule. Be assured, we are working to fill those gaps and will make sure to post any updates to our website and Facebook page.

If you or someone you know is a certified instructor looking to teach a fun, safe class for MCC, please go complete an application at [mansfieldct.gov/jobs](http://mansfieldct.gov/jobs)

Are you returning to fitness after a period of time away?

Are you new to our facility?  
Do you just need a refresher?

## Try STARTING STRONG!!!

A member only benefit bought to you by the Mansfield Community Center.

For an appointment—stop at the Fitness Desk or call 860.429.3015, ext. 6200

You will get an introduction to the equipment and speak one-on-one with a Fitness Assistant about your goals at the MCC, go through a sample workout and fill out a Health and Fitness Questionnaire.

You will leave with a basic workout as well as the confidence and knowledge 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:

12:130 pm

3:30-8 pm

Sat 12-4 pm

Sun 12-4 pm



## Find your perfect fitness class!

### Looking to improve flexibility, range of motion or balance?

Stability & Fall Prevention  
Qigong  
Pilates  
Yoga  
TRX

### Need a gentle class or have mobility issues?

Stability & Fall Prevention  
Silver Sneakers Classes  
Gentle Yoga  
Qigong

### Silver Sneakers classes

Circuit/Yoga Combo  
Stability  
Classic  
Circuit

### Fun and Challenging

Circuit & Core  
Hike Ready  
Kettlebells  
SUP Yoga  
Bootcamp  
Spin  
SUP  
TRX

### Prefer a water class?

Aqua Therapy

### Looking for Cardio?

Circuit & Core  
Kettlebells  
Spin

### Build Strength & Endurance with:

Functional Strength  
Kettlebells  
Bootcamp  
TRX

### NEW!

Total Body Strength  
Silver Sneakers Stability  
Outdoor Bootcamp  
SUP & SUP Yoga  
Kickbox 'n' core  
Circuit & Core



Functional Strength  
Chair Circuit  
Chair Yoga  
Pilates  
Qigong

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
<b>Spin</b>	Special stationary bikes, trained instructors and motivating music provide a great workout. We <b>STRONGLY</b> encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
<b>Hardcore Bootcamp</b>	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.
<b>Outdoor Bootcamp</b>	Take your bootcamp outdoors. Using bodyweight and tools and equipment around you, you can experience a full body workout. Be prepared for varied weather conditions, extreme inclement weather cancels.
<b>Kickbox 'n Core</b>	This combo class is the perfection combination of cardio conditioning and core strengthening. Cardio Kickboxing is a group fitness class that combines martial arts techniques with fast paced cardio while moving to the music. This high energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination, and flexibility while also having fun! For the core portion, expect a focus on strengthening and stabilizing all core muscles including abdominals, obliques, lower back, and hips. This combo class will include 30 minutes of cardio kickboxing and 15 minutes of core strengthening.
<b>Total Body Strength</b>	A total body class that targets all major muscle groups using a variety of equipment to strengthen your muscles, increase muscular endurance, and enhance bone strength. Expect to be challenged not just by using a variety of equipment but by moving at different tempos and progressing each week to get stronger and healthier! All levels are welcome and are encouraged.
<b>All Levels Yoga</b>	All Levels Yoga is designed for all participants, both new and advanced. Classes include breathing, postures, and meditation intended to improve mindset, flexibility, alignment, and strength. All are encouraged to move at their own pace through this meditation in motion.
<b>Yin/Yang</b>	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.
<b>Gentle Yoga</b>	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.
<b>Circuit &amp; Core</b>	Get a full body workout including cardio while visiting different stations. This intensive class will focus on lengthening and strengthening all core muscles. Challenge yourself while building strength, flexibility and endurance.
<b>Corefusion</b>	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
<b>Tai Chi &amp; Qigong Basics &amp; Fundamentals</b>	Join us in the virtual environment to explore principles and fundamentals that make these two beautiful Chinese arts so important to helping us maintain our health. Learn some of the major elements that can lead to improved mindfulness, better balance, more effective breathing and overall opportunities for better health. We'll use simple qigong exercises and tai chi movements to facilitate releasing unwanted tensions and adjust how the body breathes, relaxes and moves.
<b>Pilates Level 2</b>	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Prerequisite: 6 months of former Pilates or permission from instructor.
<b>Silver Sneakers Yoga</b>	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 offered in person this session only in conjunction with Circuit Combo. See Below. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Circuit</b>	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.
<b>Silver Sneakers Classic</b>	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 SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.



## Class descriptions

CLASS	DESCRIPTION
<b>Silver Sneakers Circuit &amp; Yoga Combo</b>	Same description as classes above, 30 minutes of each activity. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Stability</b>	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.
<b>Chair Yoga</b>	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.
<b>Chair Circuit</b>	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.
<b>Chair Strength</b>	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.
<b>Chair Circuit &amp; Yoga Combo</b>	Same description as classes above, 30 minutes of each activity. Virtual Only. Options given for alternate resistances tools.
<b>Kettlebells</b>	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.
<b>Functional Strength</b>	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.
<b>TRX</b>	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!
<b>Aqua Therapy</b>	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.
<b>Paddlefit Basics</b>	PaddleFit Basics - The PaddleFit Basic class will introduce you to the sport of Stand-Up Paddling (SUP). Our coach will teach you the fundamentals of SUP in a fun and safe environment. Only basic swimming experience required.  This course includes: <i>On Land Instruction:</i> Laws and Safety for SUP, Size Equipment Paddle, Technique Turns & Stance <i>On Water:</i> Getting on the Board, Knee Paddling, Transition to Feet, Vision Focus and Momentum
<b>PaddleFit Advanced</b>	PaddleFit™ Advanced is our paddling technique class and your second step in learning proper technique. During the one (1) hour lesson you will learn proper paddling fundamentals in a fun and friendly atmosphere. No matter where you are on your SUP journey; we will help you get on the path to paddling properly. This class will be a combination of on-land and on-water where each new technique will be first taught on land before practicing on the water.  Core Competencies' will include: <i>On Land Instruction:</i> Paddle sizing, Hand positioning, Form <i>On Water:</i> Stance, Paddle Strokes, Practice Drills
<b>SUP Yoga</b>	Add a new twist to your yoga routine with a one-hour SUP yoga class. This class includes the following: Stand-up Paddleboard, Paddle, PFD, Leash, Anchor, SUP safety, One-hour SUP yoga on the water