

Youth Resistance Training Orientation

- **UPDATED!**

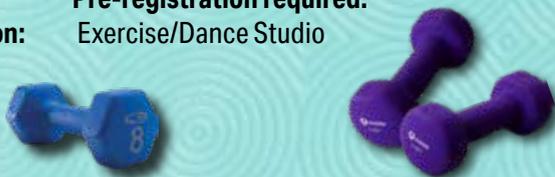
This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+) to learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during youth fitness hours, 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: 170090-A, Fri. July 15, 5:30-6:30 p.m., 170090-B, Sat. August 6, 9:30-10:30 a.m. ☺

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

Location: Exercise/Dance Studio



☺ Functional Movement Screen and How it Can Help

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 and asymmetries lie. No matter your fitness level, this test can benefit your exercise program by finding your faulty movement patterns. All attendees will have the option to try one of the movement patterns during this seminar and receive a discount off of a future session.

Instructor: Jessica Tracy

Location: Exercise Studio

Date: Tues., July 12

Time: 5:30-6:30 pm

Fee: FREE to members, \$10 for non-members

Activity #: 170091-A

Habit Based Health

21 days at a minimum to establish a new habit! What happens when you try to overall your health, eating, sleeping and exercise all at once? How can you create habits that are effective for you, no matter your goal? Come to this seminar for immediate hints and suggestions that you can put into practice that day.

Instructor: Jessica Tracy

Location: Exercise Studio

Date: Wed., Aug. 3

Time: 12-1 pm

Fee: FREE to members, \$10 for non-members

Activity #: 170091-B



Hebron • Mansfield

Roa Alamdari
MD, FACOG

Robert Gildersleeve
MD, FACOG

Lesley Gumbs
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Lifelong Women's Healthcare

Adolescence • Pregnancy • Menopause

860-450-7227 (phone) • 860-450-7231 (fax)

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Find us on Facebook
www.Mansfieldobgyn.com

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 p.m., Sat 7-2, Sun 8-2

Fee: FREE! – Members only!

See page 47 for a fun healthy family activity!

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.

For information on above packages email tracyja@mansfieldct.org

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)

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

Potter's Oil Service



860-423-1684

Quality Heating Oil • Quality Heating Equipment
Quality Service

A family-owned business serving the area with
dependable oil heating serving since 1930.

North Windham, CT

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 pm
Sat 7 am-2 pm
Sun 8 am-2 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

Stability
Classic
Circuit

Fun and Challenging

Kettlebells
Bootcamp
SUP Yoga
Spin
TRX

Prefer a water class?

Aqua Therapy
Water Fitness

Looking for Cardio?

Kettlebells
Spin

Build Strength & Endurance with:

Functional Strength
Kettlebells
Bootcamp
TRX

NEW!

Yoga Foundations
Youth Tri Training
Outdoor Bootcamp
SUP Yoga

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!

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.
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: Stand-Up Paddleboard, Paddle, PFD, Leash. On land instruction: Laws and Safety for SUP, sizing equipment paddle, technique, turns and stance. On Water: Getting on the board, knee paddling, transition to feet,, vision, focus and momentum.
SUP Yoga	Add a new twist to your yoga routine with a SUP yoga class. This class includes the following: Stand-Up Paddleboard, Paddle, PFD, Leash, Anchor, SUP safety
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Yin/Pilates for Stamina & Strength	A class that flows from Yoga vinyasa and Pilates mat workout. This class is a blend of strength, core stability, balance and flexibility. This class is open to all levels with modifications offered as needed.
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.
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.
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.
Chair 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 virtual only
Chair 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 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.

Class descriptions

CLASS	DESCRIPTION
Chair Strength	Have fun moving through a variety of exercises 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!
Youth Tri Training	Join us August 27th 9:30 for a USA Triathlon sanctioned event at Bicentennial Pond. Leading up to this event, enroll your child in a triathlon training program. This 45 minute program will alternate between running and cycling training. Combine this class with the Marlins Swim club for a perfect training program!



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

2 STORRS LOCATIONS

125 N Eagleville RD & Storrs Downtown

EASTERN CAMPUS-WILLIMANTIC

33 High Street

To order ahead or
get delivered to you by DoorDash

Go to [SUBWAY.COM](https://www.subway.com)

and use the app

We also deliver through GrubHub & Uber Eats
Open late 7 days a week




860.456.1759

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www.EastbrookAnimalHospital.com