

Health & Fitness Learning

Health Assessment & Coaching

Are you stuck trying to figure out how to start on your fitness or exercise journey? Do you want to explore more aspects of your health as a whole? Have your fitness gains plateaued? We offer Personal Training for your exercise specific goals, but sometimes you just need a little more or something different to round out your routine. Email Jill Funk at funkj@mansfieldct.org for more information on how to get started. Sport Specific coaching available as well.

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 - \$120

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 - \$120

Pre-Post Natal Exercise Counseling:

Scientific studies suggest the numerous health benefits that exercise provides for both expectant mothers and their babies. Yet, the unique physical changes that accompany pregnancy and the postnatal period necessitate specialized knowledge and attention. We can help you with personalized programs that will prioritize the well-being of both mothers and their newborns. Interested in this program? Please contact Jill Funk @ funkj@mansfieldct.org for more information.

Youth Fitness - Cardiovascular



Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower) 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.

☺ See pg. 10 for corresponding Child Care hours for younger siblings

Days: Tues., Thurs., Fri., 4 p.m. - Close, Sat. & Sun. all day

Fee: FREE! - Members only!

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Youth Resistance Training Orientation

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

Location: Exercise/Dance Studio

Day/Time: Check back for more information!

Fees: \$10 per youth/parent pair - Members only - Registration Required

Activity Number: 470090-A



Personal Training for All Levels of Fitness

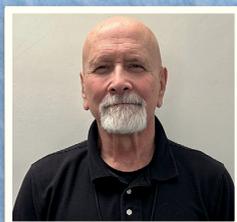
All our trainers have a common link...the commitment to improve your health. Their commitment includes a personal program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence. To assist you in finding the best personal trainer to meet your needs, check out our trainer profiles online or in the fitness center, or check in with our Recreation Supervisor, Jill Funk for more information. Sessions and schedules are designed to meet individual and small group needs. Pricing per session will be \$70-\$90 per hour with options for shorter sessions or small groups to provide cost savings.

- Rehabilitative Needs
- Specific Athletic Conditioning
- Small Group Training
- Weight Loss or Gain
- Motivation

Meet Our Personal Trainers

Find bios at

<https://www.mansfieldct.gov/1657/Personal-Training>



Jerry Kleinman
jerryk@anyagefitness.com



Jill Funk
funkj@mansfieldct.org
429-3015 ext. 6202



Tony Singe
singeat@comcast.net



Jiani Ren
jiani.106621@gmail.com

Forest Bathing - A Mindfulness experience in Nature

Experience the healing and wellness practice of forest therapy; sometimes also referred to as forest bathing. Grounded in the Japanese practice; shinrin-yoku, the practice of bathing the senses in the atmosphere of the forest promotes reducing stress, enhancing mood and feelings of wellness. On the 2 hour walk, you will experience a series of guided, gentle invitations to open the senses, cultivate presence, and invite healing interactions between people and the natural world. Everyone gets something different from forest walking experiences- it may help you feel more connected to nature, or you may experience connection to others or yourself during your time on the walk. This is not a hike and is open to all ability levels; and levels of experience in nature. Come for this free activity to pause in the day and connect with the more than Human World and to others on the walk.

Trainer: *Gina DeVivo Brassaw* is Certified as a guide with the Association of Nature and Forest Therapy. As a forest therapy guide, Gina will guide the group, with the forest as the therapist.

Location: Information on park location in Mansfield will be emailed prior to the walk

Fee: Free for members. \$10 per date for non-members

Sessions: Check back for more information!

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Myofascial Release Hand and Foot Clinic

Reduce pain, stiffness, recover faster, get stronger. Our hands and feet are two of the most used parts of our body on a daily basis, yet how often do we show them attention and care? In this class we'll use a number of props and tools (which will be yours to take home) in order to reconnect & rebalance your body with your mind, rehydrate your fascia and release tension which will lead to overall better mobility and reduced chronic pain throughout your entire body. By the end of 6 sessions you will have an easy to follow daily protocol that you can quickly do at home to maintain the benefits. All levels of fitness are encouraged to enroll.

Trainer: *Keri Jenkins*

Location: Community Room

Fee: \$45 for members, \$90 for non-members \$50 Material Fee

Sessions: 6 classes Tues., Apr. 14 - Tues., May 19

Time: 6 - 6:45 p.m.

Activity #: 471003-A

Strong Spine

Build a resilient, balanced, and supported body from the core, out. This class focuses on strengthening the muscles that support your spine—including your core, back, glutes, and hips—while improving posture, alignment, and stability. Through targeted exercises, mobility work, and mindful movement, you'll enhance spinal health, reduce the risk of injury, and feel more confident in everyday movement.

Trainer: *Jiani Ren*

Location: MCC Dance/Fitness Studio

Fee: \$38 for members, \$76 for non-members

Sessions: 5 Classes- Thu., Apr. 9 - Thur., May 7

Time: 12-12:45 p.m.

Activity #: 471004-A

Knee Care Restore

Support your knees with gentle, targeted movement designed to build strength, improve mobility, and reduce discomfort. This restorative class focuses on the muscles and joints that impact knee health—hips, quads, hamstrings, calves, and feet—using mindful exercises, stretching, and stability work. Ideal for anyone recovering from knee issues, dealing with chronic pain, or simply wanting to move with more ease and confidence.

Trainer: *Jiani Ren*

Location: MCC Dance/Fitness Studio

Fee: \$38 for members, \$76 for non-members

Sessions: 5 Classes- Thu., May 14 - Thur., Jun. 11

Time: 12-12:45 p.m.

Activity #: 471005-A

CHAIR Knee Care Restore

This supportive, chair-based class is designed to improve strength, balance, and flexibility in a safe and accessible way. Using the chair for seated and standing exercises, participants will work on building muscle, enhancing posture, and increasing overall stability. Movements can be easily modified, making this class ideal for beginners, active older adults, or anyone looking for a low-impact, confidence-building workout. Perfect for improving daily movement, preventing falls, and staying strong—no getting down on the floor required!

Trainer: *Jiani Ren*

Location: Community Room

Fee: \$38 for members, \$76 for non-members

Sessions: 5 Classes- Thu., May 14 - Thur., Jun. 11

Time: 1-1:45 p.m.

Activity #: 471005-B