
Adult Programs

Registration: Online: 11/14 12:01 A.M.

Walk in & Non-Residents 11/15 9:30 A.M.

Program Locations:

- **Senior Center Multipurpose Room:** Weston Senior Center is located in the South House Section of Hurlbutt Elementary School. The Multipurpose Room is the second room on the right.
- **Senior Center Exercise Room:** Located at the end of the hallway on the left.
9 School Road. Weston, CT
- **Emmanuel Church:**
Parks & Recreation classes enter at the Rear of the building through the double doors. Room 1 is on the left and Room 2 is on the right. They will be clearly marked.
285 Lyons Plain Road

*Babysitting during programs *can* be provided. Please contact Joe Parciasepe at jparciasepe@westonct.gov for more information*

“Hit it” Cardio Kickboxing

Get some serious sweat on with our boxing and kickboxing-class, HIT IT! This cardio based class, combines upper and lower body exercises that will leave you feeling fit and strong. Any experience level welcome.

*Limited amount of gloves to borrow, we recommend having your own along with a towel, mat and plenty of water. **Drop in space limited for \$30/class, please contact instructor to ensure availability.

Program Dates

7-8 P.M. Tues: 1/3- 2/7 (Snow: 2/14)

7-8 P.M. Thurs: 1/5-2/2 (Snow: 2/9)

Sr. Center All Purpose Room

Fee: Single Day Tuesday OR Thursday (5 classes) \$125

2 Days Tuesday & Thursday (10 Classes) \$250

Instructor: Cyrece Lehrman

Cardio Chisel

It's all in a name....this workout is designed to be a total body boost! We leave no muscle untouched. Alternating between blasts of cardio and toning exercises, you will feel the burn long after the hour is up. Many exercises can be modified to suit the “bad back or tight hamstrings”. Please bring a towel, water and a mat.

8:30- 9:30 A.M. Tues: 1/3- 2/7 (Snow: 2/14)

8:30- 9:30 A.M. Thurs.: 1/5-2/2 (Snow: 2/9)

Emmanuel Church Hall

Fee: Single Day Tuesday OR Thursday (5 classes) \$125

2 Days Tuesday & Thursday (10 Classes)
\$250

. **Drop in space limited for \$30/class, please contact instructor to ensure availability.**

Instructor: Cyrece Lehrman

Vinyasa ‘Power Hour’ Yoga

A fitness-based approach to Vinyasa style flow. Students of all levels will focus on linking conscious breath with a vigorous and mindful flow. You can expect a great cardiovascular and strength building workout combined with breath work.

**** FREE TRIAL CLASS TUESDAY 11/15
10 A.M. – 11 A.M EMMANUEL HALL **
RSVP 203-222-2675 BY NOV. 14TH**

12/6- 2/7 (no classes 1/17)(Snow: 2/14)

Tues: 10:00-11:15 A.M.

Emmanuel Room 2

Fee: \$160- 8 Classes

Instructor: Kerin Whitmore

Register Early!

Don't take a chance that the class you want will be full or canceled

www.westonct.gov

Gentle Yoga

A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. All experiences levels are welcome, modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relation. Please bring a yoga mat, large blanket or towel and water

Program Dates 12/6- 2/7(no classes 1/17)(Snow: 2/14)

Tues: 9:30-10:30 A.M.

Emmanuel Room 1

Fee: \$160- 8 Classes

Instructor: Diane Lowman

Pilates

Designed to re-align the spine in regards to it natural skeletal position. Rebalancing the muscles around the spine, abdominals and the extremities to accomplish core strength, stability, longer leaner muscle tone, improved posture, enhanced body awareness, deeper ability to concentration and enhanced coordination. This class caters to new and experienced participants.

Program Dates 12/8- 2/2 (Snow Day: 2/9)

Thursday: 12:30-1:30 P.M.

Emmanuel Room 1

Fee: \$125- 8 Classes

Karen Jordan

In case of inclement weather all after school programs will be canceled. Please refer to www.westonps.org for up to date information on cancelations and early dismissals.