



# Adult Programs

Registration: Online: 8/22 12:01 A.M.  
Walk in & Non-Residents 8/23 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](mailto:jparciasepe@westonct.gov) for more information\*

## 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. \* For the intermediate to advanced participant. "Some" exercises can be modified.\*

Please bring a towel, water and a mat.

Program Dates: 9/13- 10/20

Tues/Thur 8:30- 9:30 A.M.

Admin Basketball Court

Fee: \$300- 12 Classes

\$150 for 6 either Tues or Thur.

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.

9/26- 11/28 (No Classes 10/3, 10/31)

Mon: 7-8:15 P.M.

Sr. Center All Purpose Room

Fee: \$160- 8 Classes

Instructor: Kerin Whitmore

9/27-11/22 (No Classes 11/8)

Tues: 8:30-9:45 A.M.

Emmanuel Room 2

Fee: \$160- 8 Classes

## 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 9/27-11/22 (No classes 11/8)

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

Emmanuel Room 1

Fee: \$160- 8 Classes

Instructor: Diane Lowman

Program Dates: 9/28-11/30

(No classes 10/12, 11/23)

Wed: 7-8 P.M.

Sr. Center All Purpose Room

Fee: \$160- 8 Classes

Instructor: Diane Lowman

### “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 level of experience welcome. \*Gloves not provided, please bring your own\* along with a towel, mat and plenty of water. Family Friendly Ages 12+ please.

Program Dates: 10/4- 11/29 (No classes 11/8)

Tues: 7-8 P.M.

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Cyrece Lehrman

### Pilates

Designed to re-align the spine in regards to its 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: 9/27-11/22 (No Class 11/8)

Tues: 6-7 P.M.

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

Thur: 6-7 P.M. 9/27-9/17

Sr. Center All Purpose Room

Fee: \$200- 8 Classes

Instructor: Karen Jordan

### Cooking with Chef. Leticia Schwartz (as seen on *The Today Show*)

Two Fall Cooking Class opportunities available. Classes will be a hands on cooking format with Demos & Tastings along the way. Classes are held at Emmanuel Church Kitchen.

- Make Ahead Week Night Dinners- 10/18 6:30-9:30 PM

- Healthy Week Night Dinners- 11/1 6:30-9:30 PM

- Cost: \$90 Per Class

For more information and menus see our website. [www.westonct.g](http://www.westonct.g)

### Zumba

Zumba fitness fuses hypnotic Latin rhythms and easy-to follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting class of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

Program Dates: 9/27-11/22 (No classes 11/8)

Tues: 10-11 A.M.

Emmanuel Room 1

Cost \$160- 8 Classes

Instructor: Juli Quevedo

Program Dates: 9/29-11/17

Thurs: 7:15 P.M. – 8:15 P.M.

Sr. Center All Purpose

Cost: \$160- 8 Classes

Instructor: Juli Quevedo

**Prenatal Masterclass with  
BABY Health & Fitness**

This class will provide an overview of the postural, hormonal, physiological changes during pregnancy. You'll learn the ABC'S of Prenatal Fitness ® as well as relaxation techniques for an easier labor. FREE **ABC'S of Prenatal Fitness** ® takeaway poster in first class attended (\$18 value)

Morning Dates: 9/27,11/15  
Tues: 1-2:15 PM  
Emmanuel Church Room 2

Evening Date Available: 10/26  
Sr. Center Fitness Room: W: 6:30-7:45 P.M.  
Fee: \$35 per class  
Instructor: Jamie Levine

**Baby and Me Yoga**

**"Pre- Crawlers, 6 Weeks- Crawling"**

Stretch, bond and breathe with your baby in this unique yoga class designed for caregivers and their pre-crawling babies. Babies are natural yogis! Each class explores gentle yoga and massage techniques for babies which can help aid in digestion, gas and colic relief, improved sleep patterns and in the development of fine and gross motor skills. Partner poses and playful songs are also incorporated to create a casual, comfortable environment that is unlike any other yoga class! Dress comfortably, and bring a receiving blanket for your little one. No experience necessary!

Program Dates 9/27-11/22 (no classes 11/8)  
Tues: 10-11:15 A.M.  
Emmanuel Room 2  
Fee: \$185- 8 Classes  
Instructor: Kerri Gawreluk

**"Crawlers & Waddlers"**

Yoga for crawling/waddling babies combines stretching, creative movement and relaxation techniques in a fun, interactive setting. Learn how to help your baby feel happier and more confident in their growing bodies as well as to strengthen the bond between you and your active little one! Songs and age-appropriate props are incorporated to create a safe, playful environment that your baby is encouraged to explore. No experience necessary, babies just starting to crawl to babies that are waddling/cruising unsupported (but not yet running at full speed) are welcome!

Program Dates 9/27-11/22 (no classes 11/8)  
Tues: 11:30 A.M.-12:45 P.M.  
Emmanuel Room 2  
Fee: \$185- 8 Classes  
Instructor: Kerri Gawreluk

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**Register Early!**

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

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