



Adult Fitness

360 Circuit

Instructor: Jenn Wilson

If you're looking for a fitness program that is challenging and cutting edge this popular program is for you. High Intensity Interval Training (HIIT) is the secret to losing body fat, weight and increasing strength and energy. The combination of cardio and strength training in a high-intensity, limited rest design can deliver numerous health benefits in much less time than traditional programs.

The class format is varied in order to avoid plateaus and will include exercises such as squats, push ups, lunges, mountain climbers and running drills. Equipment such as kettlebells, medicine balls, weights and agility ladders will be used. Exercises can be modified for safety and gradual conditioning to this type of exercise. Each participant works at their own pace and individual fitness level while experiencing the motivation and support of the group and instructor.

Whether you are looking to get fit or take your workout to the next level, this high energy circuit program is for you. Join Personal Trainer/Group Exercise Instructor, Jenn Wilson and rev up your fitness level with this fun, motivating workout.

LATE SPRING SESSION

(Choose ONE of the following)

Session 1: Tuesdays, April 25 - June 27, 6–7 pm

Session 2: Thursdays, April 27 - June 29, 6–7 pm

Location: MIW Gym

Session 3: Tuesdays, April 25 - June 27, 9–10 am

Session 4: Thursday, April 27 - June 29, 9–10 am

Location: NYMS Gym

Fee: \$75 Res / \$85 Non-Res **(PER SESSION)**

\$135 Res / \$145 Non-Res **(CHOICE OF 2 SESSIONS)**

Piyo-Live

Instructor: Jenn Wilson

PiYo™ LIVE - Sweat & burn calories with fusion-style movements inspired by Yoga and Pilates. This class is a music-driven, athletic workout that incorporates flexibility, strength training, conditioning, and dynamic movement. For more information or questions regarding this offering please contact Jenn Wilson at: jenn.wilson.fitness@gmail.com.

SPRING SESSION

Date: Friday Mornings, April 28 - June 30

Location & Time: NYMS 8:30–9:30 am

Fee: \$75 Res / \$85 Non-Res

SUMMER SESSION (Outdoor Edition!)

Date: Wednesday Mornings, July 12 - August 16

Location & Time: Twin Brook 8–9 am

Fee: \$55 Res / \$65 Non-Res

SUMMER PUNCH CARD
Use for any 360 or Piyo-Live class.
10 Punch Card: \$75

SUMMER SESSION

Session 1: Tuesdays, July 11 - August 15, 6–7 pm

Location: GMS Gym

Session 2: Tuesdays, July 11 - August 15, 8–9 am

Outdoor Bootcamp Edition!

Session 3: Thursdays, July 6 - August 17, 8–9 am

Outdoor Bootcamp Edition!

Location: Twin Brook Recreation Area

Fee: \$55 Res / \$65 Non-Res **(PER SESSION)**

\$100 Res / \$110 Non-Res **(CHOICE OF 2 SESSIONS)**

Personal Training

Instructor: Jenn Wilson

Personal Training Sessions are designed to provide clients with an individualized program based on their specific needs and can be catered to any fitness level. The benefits of working with a personal trainer include: an individualized fitness program designed specifically for you, an efficient workout program with innovative ways to improve your general health and fitness, professional assistance and guidance in improving strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health and instruction on proper form and technique for cardiovascular exercise and strength training.

Program Policies: Sessions are 60 minutes in length and are non-refundable. They expire six months from the date of purchase. Cancellations must be at least 4 hours in advance of the scheduled training session. The trainer will wait 15 minute at the designated location. Failure to contact your trainer will result in forfeiture of a session. Sessions that begin late will end one hour from the original start time. *FMI Please contact Jenn at: jenn.wilson.fitness@gmail.com*

Book by appointment with trainer. Location/times will vary.

3 Sessions - Res. \$150 / Non-Res. \$160

6 Sessions - Res. \$275 / Non-Res. \$285

12 Sessions - Res. \$550 / Non-Res. \$560

Adult Fitness



Cardio Fusion

Instructor: Julie Waterman, ACE certified

Bored with your workout? Come join us for cardio fusion!!

Mondays - Tabata, Strength, Stretch

TABATA inspired workout combined with strength - stretching. This workout will be a one hour high intensity cardio/strength workout using the interval training system. Burn fat and gain endurance all in one. The high intensity workout is about a 40 minute duration and allows time for a longer warm up and longer cool down using stretching techniques to sculpt and lengthen your body for a stress releasing finish.

Wednesdays - Cardio and Toning

½ hour of cardio moves and ½ hour of strength training using hand weights to improve balance and sculpt the muscles. We will use Zumba inspired dances, kickboxing and cardio moves to get our heart rate up. FUSION will keep your muscles challenged, burn fat, and challenge your mind, increase flexibility and balance. This class is for adults and young at heart. Moves can be modified to suit different fitness levels. As always, it's a good idea to check with your doctor before starting a new exercise routine.

Please bring hand weights and mat to both classes.

Dates & Times: Monday & Wednesday, May 1 - June 21
(No class May 29), 9–10 am

Location: NYMS

Fee: \$49 Res / \$59 Non-Res / \$44 Senior (1 day/week)
\$95 Res / \$105 Non-Res / \$85 Senior (2 days/week)

Kripalu Yoga for Adults & Teens

Instructor: Elizabeth Burd

Each class will begin with a brief centering, warm-ups, and pranayama (breath work) followed by a series of guided postures. The focus will be on alignment, body awareness and coordinating breath with movement. Class will end with a brief relaxation and meditation. Modifications will always be given to ensure a safe and rewarding class for everyone! *Note: Some prior yoga experience is required. Please wear comfortable clothing and bring a water bottle, small pillow, yoga block, strap and yoga mat.*

Session 1: Tuesday, May 16 - June 27, 4:30–5:45 pm at PML
OR Thursday, May 18 - June 29, 5:30–6:45 pm at WCCH
Fee: \$63 Res / \$73 Non-Res / Senior \$58

Session 2: Tuesday, July 11 - Aug. 15, 4:30–5:45 pm at PML
OR Thursday, July 13 - August 17, 5:30–6:45 pm at WCCH
Fee: \$54 Res / \$64 Non-Res / Senior \$49

Moving through Chakras Yoga Series

Instructor: Marianne Ricciardi

This yoga series will focus on each of the seven Chakras that originate from root to crown. These energy centers influence different nerve centers, body organs and muscle groups as well as physiological stability. Throughout the sessions you will be introduced to a specific Chakra and its' direct relationship to your emotional and physical wellbeing. Tune in and balance your Chakras and experience clarity to the mind/ body connection and a deeper connection to yourself. Classes are vinyasa flow style and for all levels.

Dates & Times: Monday, April 24 - June 12, 4–5 pm
(No class May 29 - Make up class June 19)

Location: MIW Music Room / **Fee:** \$60 Res / \$70 Non-Res

AM Speedwork Track Session

Instructor: Sarah Russell

Challenge yourself and improve your running with this spring track session. Whether you are a recreational runner, a triathlete or a marathoner speed work will improve your efficiency and push your threshold pace. Each workout includes a 1-2 mile warmup with technique drills and pickups. The main workout includes 1-4 miles of intervals (depending on one's pace & fitness), followed by a 1-2 mile cooldown. Every workout will be individualized to one's ability and all levels are welcome!

Dates & Times: Monday, April 24 - June 12, 5:30–6:30 am
(No class May 29)

Location: Greely High School Track

Fee: \$55 Res / \$65 Non-Res

Morning Tai Chi

Instructor: Louise Poppema

Come and experience the joy of Tai Chi! You will relieve stress, increase flexibility and improve balance, all without exerting any effort or working up a sweat. Please wear comfortable clothing. No previous Tai Chi experience required and class can be done sitting in a chair if balance is a concern. **All adults welcome, no age requirement.**

Session 1: Wednesday, April 26 - June 7

Session 2: Wednesday, June 21 - July 26

Location & Time: Prince Memorial Library, 10–11 am

Fee: \$60 Res / \$70 Non-Res



In the Pool

Aquatic Fitness

Instructor: Kathy Taylor

Exercise in the water! Each class includes a warm-up, aerobic upper body, mid and lower body workout and ends with a cool-down. This workout for swimmers and non-swimmers is designed for all fitness levels and paces. Water exercise is a wonderful low-impact alternative to traditional land exercise programs - ideal for people with arthritis and those recovering from injuries as well as anyone looking for a great workout. Post-operative participants must have written permission from a physician. You must be at least 18 years old to register for this class. *Please Note: Each session has extra days, in case of pool closures.*

Dates & Times: Tuesdays/Thursdays, 6–7 pm

Session 1: April 4 - May 11

Session 2: May 16 - June 22

Session 3: June 27 - August 10 (no class July 4)

Location: GHS Pool

Fee: \$48 Res / \$58 Non-Res / \$40 Seniors

Lap Swimming

Swimming is a great aerobic exercise which conditions the heart and lungs as well as helping control body weight. It can also give you more energy, increase resistance to fatigue, relieve tension, tone muscles and help you to relax and sleep. You must be 18 years old and be able to swim one length of the pool at your own pace without stopping.

This is not a learn-to-swim program.

Morning Lap Swim:

Dates & Times: Mon/Wed/Fri June - August
(Pool closed May 29), 5:30–7 am

Location: GHS Pool

Fee: Punch Card (See punch card info)

Master Swim Program

Coach: Larissa Herold

The Masters program provides early-morning swim workouts for competitors, as well as triathletes and general fitness swimmers. Our coach, Larissa Herold, will help swimmers meet their individual needs and goals. **Participants should be able to swim at least 80 lengths of the pool in an hour.** Individual workouts will be provided. *You must be at least 18 years old to participate in this adult program.*

Please note: Each session has three extra days, in case of pool closures.

Spring Session:

Tuesday/Thursday/Saturday, April 25 - June 17

GHS Pool 5:30–7 am / Saturdays 6:30-7:30 am

Fee: \$79 Res / \$89 Non-Res

Summer Session:

Tuesday/Thursday, June 20 - August 17

GHS Pool 5:30–7 am

Fee: \$59 Res / \$69 Non-Res

PUNCH CARD LAP SWIM

Punch cards for Lap Swim are valid for six months from date of purchase. They are available at the Cumberland Town Hall in the Community Recreation office. Expired cards may not be used.

10 Lap Swim Punch Card:
\$35 Res / \$45 Non Res

25 Lap Swim Punch Card:
\$75 Res / \$85 Non Res

Adult Golf Programs



Wine & 9 for Ladies

Program Director: Brian Bickford, PGA & Gary Rees, PGA

It's our 10th year. It's a simple program with an underlying theme of having fun. It's all about learning something new, networking with other ladies and learning to play a difficult game in a relaxed atmosphere.

Go to www.valhallagolf.com for all of the details and descriptions of the various levels.

Dates & Times: 5-week sessions beginning the week of May 2 (Spring); June 13 (Summer) & July 25 (Late Summer).

BEGINNER (LEVEL 1)

Tuesday Evenings (24) 6–8 pm

INTERMEDIATE (LEVEL 2)

Thursday Midday (12) 1–3 pm

Thursday Evenings (24 slots) 6–8 pm

ADVANCED (LEVEL 3)

Wednesday Evenings (12) 5:30–7:30 pm

Wednesday Evenings (12) 6–8 pm

Location: Val Halla Golf Course

Fee: \$109 / 5-week session (2-hours/evening)

ALL programs use on-line registration and registration opens on Thursday, April 6 at 8 am.



Wine & 9 Memberships

Limited to 24 memberships

Level 1: A membership includes one 9-hole walking round per week (anytime weekdays; after 1:00 on weekends) and one session of Wine & 9 (your choice).

Fee: \$299, includes a W9 session

Level 2: A membership includes unlimited 9-hole walking round per week (anytime weekdays; after 1:00 on weekends) and one session of Wine & 9 (your choice).

Fee: \$499, includes a W9 session

Stein & 9 for Men

Program Directors: Brian Bickford, PGA & Gary Rees, PGA

This is a golf development program for the occasional golfer. This program is based on clinic-style instruction during the first hour and play during the second hour of each session.

Go to www.valhallagolf.com for all of the details.

Dates & Times: 5-week Monday sessions during the spring and summer beginning the week of May 1 and June 12

Session 1: May 1 - June 5, 6–8 pm (No class 5/29 Memorial Day)

Session 2: June 12 - July 19, 6–8 pm

Location: Val Halla Golf Course

Fee: \$109 / 5-week session

ALL programs use on-line registration.

