**Shelton Parks & Recreation**

Shelton Community Center

41 Church Street, Shelton, CT 06484

Info/Cancellation: 🕿 203.331.4120

Main Office: 🕿 203.925.8422

[**www.sheltonparksandrec.org**](http://www.sheltonparksandrec.org)

**PROGRAMS- Adults**

**Fall 2019**



For up to date information visit [**www.sheltonparksandrec.org**](http://www.sheltonparksandrec.org)

Follow us on Facebook for up to date information on events,

programs, leagues, and activities.

**Office Hours**

Monday – Friday: 6:30 am – 9:30 pm

Saturday: 7:30 am – 3:30 pm



**Inclement weather**: Call the Information/Cancellation Line 🕿**203.331.4120**

**Registration**

* Register for programs at the Community Center main office unless stated otherwise.
* Registration cannot be completed without cash or check payment.

**Cancellations**

* Programs may be cancelled at any time due to low enrollment.
* You will be notified and given a full refund for the program.
* In the event that an instructor has to cancel an individual class, you will be notified and the class will be made up at the end of the session.

Parks & Recreation Director: Ron Herrick,**r.herrick@cityofshelton.org**

Recreation Supervisor: Bill Manion, **b.manion@cityofshelton.org**

 **Shelton Parks & RecreationFall**

[**www.sheltonparksandrec.org**](http://www.sheltonparksandrec.org)

**Adult Program Descriptions**

**Register at Community Center main office unless stated otherwise. Cash or check.**

**A Drop of Serenity:**sign up for individual classes listed below.

**9/23** at 7:30 pm- Doctor Mom

We all care about the health of our children. Keeping germs away from kids is usually a top priority for people and not as easy as you would think once school begins. Come learn tips and tricks about using essential oils with your little one to help keep them above the wellness line.

 \*kids welcome \*leave with an immunity roller

**9/30** at 7:30 pm- Essential Emotions

Did you know there are factual reasons why essential oils work so well for our emotional balancing? Learn how you can take control of your emotional wellness with just a few drops of goodness. You'll leave with the knowledge and tools you need to achieve an emotional balance in your daily life.

**10/10** at 7:30 pm- Immune Support & Oils

Get a jump on the cold and flu season. Learn how to DIY for fun and health!

**10/25** at 7:30 pm. Halloween edition Join us for pizza, treats, and essential oils! Bring your little one in costume and enjoy the party! Every child will go home with a “Monster Repellent,” aka Sleepy-time Spray!

 **11/2** at 2:00 pm Holiday make and take

Join us for our 1stMake and Take class...a pumpkin spice room spray!

 **11/7** at 7:30 - Sip & Scan

Join us for some Ningxia (antioxidant drink) and get scanned (Biofeedback) to see what your body is depleted of. A free 3-month wellness plan will be laid out for you.

**11/14** at 7:30 - Stress less

We will be discussing how essential oils can help you to sleep better, reduce stress & overcome occasional sadness.

**11/21** at 7:30- Holiday Make and Take-Join the holiday fun in making DIY Diffuser ornaments & Sugar Scrubs with Essential Oils!

**12/13** at 7:30- Santa at the Rec!

 Come and say hello to Santa! We’ll have cookies and other light refreshments! Every child will make a diffuser bracelet and be able to choose an oil to put on it!

**Body Sculpting:**Body Sculptingpairsa strength-training segment, targeting all major muscle groups, along with a variety of cardiovascular activities. The class is designed for all with an emphasis on a healthy lifestyle. Students should bring 2-5 lb. hand weights & an exercise mat.

Instructor: Jo-Ann Triebwasser, a certified fitness instructor and personal trainer.

**Cardio Lite:**Classic Aerobics with a combo of light weights and stretching. Great for all ages.

Instructor: Darlene Reilly, a certified group fitness instructor

**Dancing & Toning** - Dance & Tone while enjoying music from the 60’s 70’s 80’s and today. Designed for the older adult who wants to stay active.

Instructor: Julia Hepfer- certified in Yoga, Zumba & holistic health

**Hoop Fitness & Flow:** A perfect place for any level to work on toning & strengthening their core while expressing their inner self through dance. We focus on increasing flexibility, focus & stamina while toning glutes, thighs and arms while creating your own hoop journey. This energize class is designed for letting loose, finding your flow & burning up to 500 calories per hour.

Instructor: Bring the hoopla LLC, [**www.bringthehoopla.com**](http://www.bringthehoopla.com)

**Yoga & Intuitive Painting:** Each week we will practice yoga, meditation, & creative expression with acrylic paint each on our own 30” x 40” canvas. Materials included.

Instructors: Jill & Mariah Alix

**Pilates:** Pilates is a unique, low impact workout that lengthens and strengthens your body by using back and abdominal muscles to tone the core in order to increase flexibility, coordination, and balance. Focused on proper breathing, good posture, and deep concentration, students develop a new way of standing and a more graceful way of moving. Students should bring an exercise mat.
Instructor: Jo-Ann Triebwasser, a certified fitness instructor and personal trainer

**Pottery:** Students learn how to throw pottery on the wheel as well as create using slab building. Projects may include vases, bowls, pitchers, plates, mugs, and more. Pieces are glazed & fired in the kiln.
Instructor: Judy Harvey and Hope Harvey. *\*Priority Registration*

**Senior Tennis**- Return to Tennis and improve your skills with seniors in fun filled, low pressure environment. Hit lots of tennis balls with coach Glen Englander and make new friends. Match play and tennis drills and games will refresh your abilities as you reward yourself with great exercise. Come join us at East Village Park, 90 East Village Roadand have a ball!Materials needed: Tennis Racket

Instructor- Coach Glen has taught tennis instruction for over 30 years in CT. Glen is an expert in teaching senior’s tennis and will provide a great program for all to enjoy.

**Step, Sculpt & Abs:**A choreographed exercise routine of stepping up and down on platform steps, this class gets the heart and lungs in shape and tones the entire body. Body sculpting and ab toning are incorporated into each class. Please bring 1-5lb hand weights.

Instructor: Deborah Bailey, certified group fitness instructor, personal trainer, & Step Aerobics instructor

**Stretch & Tone:** This class entails a low impact workout, floor exercises with hand weights, and a cool down of yoga. Students should bring hand weights and a mat.

Instructor: Darlene Reilly, a certified group fitness instructor

**Strong 30**:Revolutionary 30-minute high-intensity workout led by music to motivate your ultimate fitness goals, combining body weight, muscle, conditioning, cardio, plyometric and explosive moves high knees, burpees, SYNCed to original music.

**Tai Chi Beginner & Tai Chi Intermediate:** This soft Chinese Martial Art class uses a series of movements to improve flexibility & circulation as well as relieve tension.

Intermediate Prerequisite: Must have had beginner classInstructor: Ivy Kao, experienced Tai Chi instructor

**Total Body Conditioning**: Combination of dance, strength and body toning &body conditioning.
Please bring yoga mat and light hand weights (optional).

Instructor: Theresa Cotrona, certified AFAA, Zumba & Strong by Zumba

**Yoga with Jill:** Classes focus on posture, breathing, and meditation to release stress and improve core strength and stability. These classes are open to beginners and experts alike. Bring an exercise mat.

**Adaptive Yoga:** for those with special needs & their caregivers.

Instructor: Jill Alix, certified Yoga instructor.

**Gentle Yoga**:This is a great class for beginners and older adults seeking a return to the fundamentals of yoga. Gentle Yoga increases flexibility, lubricates the joints, massages the body’s organs, and detoxes and tones the muscles. Please bring an exercise mat.

Instructor: Jill Alix, certified Yoga instructor.

**Yoga Nidra**: is a practice of deep relaxation which we will achieve through guided meditation. Yoga Nidra is calming, relaxing, and restorative for the body and mind. It uplifts our consciousness. It has been shown to reduce stress, promote better sleep, and replenish energy. Bring a yoga mat or blanket to lay on. It is optional, but recommended to also bring a bolster, or a blanket or towel to roll up into a bolster, a pillow for the head, and a blanket to place over you.

Instructor: Jill Alix, certified Yoga instructor.

**Yoga with Nancy:**Classes focus on posture, breathing, and meditation to release stress and improve core strength and stability. These classes are open to beginners and experts alike. Please bring an exercise mat.

Instructor: Nancy Kish, certified yoga instructor. *\*Priority Registration*

**Yoga with Tina:** Classes focus on posture, breathing, and meditation to release stress and improve core strength and stability. These classes are open to beginners and experts alike. Bring an exercise mat.

Instructor: Tina Heuring, certified yoga instructor

**Zumba:**Zumba is perfect for everybody and every ‘body!’ Take the ‘work’ out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, Zumba becomes fitness in disguise by combining cardio, muscle conditioning, balance, flexibility and boosted energy.

Instructor: Aimee Zaleski, certified Zumba instructor

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 **Adult 2019 Schedule Fall**

**Register with cash or check in Community Center main office**

| **Program** | **Age** | **Days** | **Time** | **Start Date** | **Weeks** | **Price** |
| --- | --- | --- | --- | --- | --- | --- |
| **A Drop of Serenity** | 14+ | See Course DescriptionFor Dates & Times | 1 day each | $12 per class |
| **Body Sculpting** | 14+ | Mon & Wed | 8:30-9:30 am | **Oct. 28** | 8 | $70 or $35/4 weeks |
| 14+ | Friday | 8:40-9:40 am | **Oct. 25** | 8 | $35 |
| **Cardio Lite** | 14+ | Tues& Thurs | 6:00-7:00 pm | **Oct. 24** | 7 | $44 |
| **Dancing & Toning** | 14+ | Mondays | 11:30-12:30 pm | **Oct 7** | 8 | $55 |
| **Hoop Fitness & Flow** | 14+ | Tuesdays | 7:00-8:00 pm | **Sept 17** | 6 | $65 |
| **Pilates** | 14+ | Wednesday | 6:00-7:00 pm | **Oct 9** | 10 | $60 |
| 14+ | Saturday | 8:00-9:00 am | **Oct 12** | 10 | $60 |
| **Pottery** | 18+ | Saturday | 12:00-2:30 pm | **Aug 10** | 12 | $120 + $30 Supplies |
| **Senior Tennis**@ East Village P | 55+ | Mondays | 10:00-11:00 am | **Sep 23** | 6 | $120 |
| **Step, Sculpt +Abs** | 14+ | Mon & Wed | 6:30-7:30 pm | **Nov 6** | 6 | $43 or$25-1 day/week |
| **Stretch & Tone** | 14+ | Mon & Wed | 6:00-7:00 pm | **Oct 21** | 9 | $57 or $30-1 day/week |
| **Strong 30** | 14+ | Tuesday | 6:00-7:00 pm | **Sep 24** | 12 | $75 or $40/6 weeks |
| 14+ | Saturday | 8:00-9:00 am | **Sep 28** | 12 | $75 or $40/6 weeks |
| **Tai Chi Beginner** | 18+ | Tuesday | 6:00-7:00 pm | **Oct 15** | 8 | $50 |
| **Tai Chi Intermediate** | 18+ | Thursday | 6:00-7:00 pm | **Oct 17** | 8 | $50 |
| **Total Body Conditioning** | 14+ | Mon & Fri | 9:00-10:00 am | **Nov 1** | 7 | $55 |
| **Gentle Yoga with Jill** | 14+ | Thursday | 6:00-7:00 pm | **Oct 24** | 8 | $45 or $25/4 weeks |
| **Yoga & Intuitive Painting** | 14+ | Wed | 7:00-9:00 pm | **Oct 16** | 4 | $60 + $30 supplies |
| **Yoga with Jill** | 14+ | Tuesday | 10:15-11:15 am | **Oct 15** | 9 | $60 or $25/4 weeks |
| 14+ | Thursday | 10:15-11:15 am | **Oct 17** | 9 | $60 or $25/4 weeks |
| **Adaptive Yoga - Jill** | 14+ | Tuesday | 5:30-6:30 pm | **Nov 18** | 6 | $40 |
| **Yoga Nidra - Jill** | 14+ | Monday | 7:00-8:30 pm | **Dec 9** | 1 Day | $12 |
| **Yoga with Nancy**Open registration Oct 3 | 14+ | Wednesday | 7:10-8:10 pm | **Oct 23** | 12 | $80 |
| 14+ | Thursday | 6:00-7:00 pm | **Oct 24** | 12 | $80 |
| 14+ | Thursday | 7:05-8:05 pm | **Oct 24** | 12 | $80 |
| **Yoga with Tina** | 14+ | Monday | 5:30-6:30 pm | **Nov 18** | 4 | $25 |
| 14+ | Wednesday | 10:00-11:00 am | **Nov 6** | 6 | $40 |
| 14+ | Saturday | 9:00-10:00 am | **Oct 30** | 6 | $40 |
| **Zumba** | 14+ | Mon & Thurs | 7:00-8:00 pm | **Nov 14** | 5 | $53 |