



PROGRAMMING CALENDAR

Any Questions Please call:

Phys-Ed Health & Performance

860-355-4354

June 2013

\$ denotes fee for class

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Also offering (by appointment only) Stand-Up and Paddle (SUP) , SBR Boxing Camps Team Phys-Ed Training						1 Latin Dance Workshop 10:00am w/ Ellen \$ (every Sat. in June, R2)
2 Family Hike Roxbury Mines 9:00am-11:00am	3 SBR Demos w/Nelly 9:00am-11:00am	4 Cross Train Fit 7pm w/ David (Track)	5 Running Program Informational meeting 5:30pm (café)	6	7 CORE workout w/ the Foam Roller 10am w/ Francesca on the main floor	8 Relay for Life Spinathon(See back for times) Running Program Informational meeting 11:00am (R1)
9	10 SBR Demos w/Nelly 9:00am-11:00am Foam Roll Demo 11am w/Chris Spin Flex Demo 4:45pm w/ JoAnn	11 Foot and Ankle Stabil- ity Challenge w/Chris 8:30am-10:30am Track Cross Train Fit 7pm w/ David (Track)	12	13	14	15 Intro to Outdoor Bootcamp w/Chris 10:00am Back Door Join Phys-Ed at The Relay for Life!
16	17 Phys-Ed's 6 Week Running Program begins!!! \$	18 Cross Train Fit 7pm w/ David (Track)	19	20	21 CORE workout w/ the Foam Roller 10am w/ Francesca on the main floor	22 Family Hike Steep Rock 9:00am-11:00am
23	24 Spin Flex Demo 4:45pm w/ JoAnn	25 Cross Train Fit 7pm w/ David (Track)	26	27	28	29/30

Schedule of Events for June

- **CORE workout w/ the Foam Roller on Thurs. June 7th and 21st at 10am w/ Francesca:** Learn how to use the Foam Roller for exercises to strengthen your CORE. Please sign-up at the Front Desk.
- **Cross Train Fit, Every Tuesday in June at 7:00pm, 1 hour:** David will put you through a workout that will challenge your endurance and strength. This is a class for anyone who is up for a push! Torch away that extra holiday fat. Sign up please as this class is limited to 12 people.
- **Family Hikes with Eric on Sunday the 2nd and Saturday the 22nd, at 9:00am for 2+/- hours:** Join Eric and his family for these fun and exciting hikes through the Roxbury Mines and Steep Rock in Washington Depot. Sign-up at the Front Desk. Handouts are available with more information.
- **Foam Roller Demo on June 10th at 11am w/ Chris:** Learn how to use the foam roller for massaging out muscle tension, stretching and muscle recovery and regeneration.
- **Foot and Ankle Stability on Tuesday June 11th from 8:30am - 10:30am:** Chris will have an obstacle course along w/ other exercises set up on the track that will work to improve the strength of your ankles, feet and overall balance. Come for any length of time during this 2 hour demo.
- **Intro to Outdoor Bootcamp on Sat. June 15th at 10am:** Chris will show you how to flip a tire, swing a sledgehammer, run with a parachute and other fun outdoor fitness challenges all for the purpose of keeping the fun of fitness while getting a great workout! Please sign-up at the Front Desk.
- **Latin Dance Workshop:** 5 week Training Workshop with Ellen, focusing on the basics of Latin Dancing. \$60 for Members (\$12 drop in fee), \$75 for Non Members (\$15 drop in fee). Please sign-up at the Front Desk.
- **Relay for Life Spinathon:** A Team Spinning Event to FIGHT CANCER on Sat. July 8th. \$20 per class to reserve your bike. Cash or Check payable to American Cancer Society. If you cannot attend but you would like to support, please visit: <http://main.acsevents.org/goto/valeriewalsh>. Class times: 7:15am with Jana and JoAnn, 8:30am with Maggie and 9:45am with Valerie and Jamie. Please call the Front Desk to reserve your bike. 860.355.4354.
- **Relay for Life: Sat. June 15th:** Team Phys-Ed will be at this year's New Milford Relay for Life. For more information, please visit: <http://main.acsevents.org/goto/valeriewalsh>.
- **Running Program Informational Meetings on Wed. June 5th at 5:30pm and Sat. June 6th at 11am:** Meet w/ Running Coaches Francesca and Linda to discuss the upcoming training program for the New Milford Fair Days 5k or 8 mile road race. Learn more about what the program will entail and include. If you cannot attend but would like more information, please contact Francesca at the_morressys@yahoo.com or Linda at calazast@att.net Please sign-up for either meeting at the Front Desk.
- **SBR Boxing Demos on June 3rd and June 10th from 9am - 11am: (each individual demo is 20 min.)** Nelly will take you through a 20 min. demo of different boxing drills using the NEW SBR Machine! Sign up at the Front Desk.
- **SBR Boxing Camps:** Our SBR Trainers will take you through a high intensity workout using a variety of boxing equipment as well as the NEW SBR Machine! Wraps are required (available in our Pro Shop). 6 Week Program for Members \$150, for Non Members \$199 and includes 6 Week Membership. Please sign-up at the Front Desk or for more info., leave your name at the desk.
- **Spin Flex Demo on June 10th and June 24th at 9:45am :** Joann will take you through the basics of the NEW Spin Flex Class that will be offered this Fall at Phys-Ed. Start off Spinning and then you will work with free weights or resistance bands to also tone your upper body. Spinning enthusiasts LOVE to ride and also LOVE this opportunity to incorporate resistance training for a total body workout! Please sign-up at the Front Desk.
- **SUP: Stand up and Paddle this Summer!** Get on BOARD this Summer with Phys-Ed and Candlewood Stand Up and Paddleboard. The closest you will ever get to walking on water is the amazing sport of Stand Up Paddleboarding. It is challenging, effective and fun! Group classes available by appointment only. For more information or to schedule an appointment, please contact Valerie at valeriew@phys-ednm.com or give your contact information to the Front Desk.
- **Team Phys-Ed Training:** Are you training for a special event this Summer? You've seen all the fun Team Phys-Ed has had at events like the Warrior Dash, Yankee Run, Tunnel to Towers and Endurance races! Let our Trainers get you ready for your next adventure! 6 week group training programs available throughout the Summer. To begin your group or for more information, contact Chris at cpapsin@yahoo.com or JC at jeanclaude_chacon@msn.com or give your contact information to the Front Desk. \$60 for 6 weeks or \$12 drop in rate.