

Any Questions Please call:

Phys-Ed Health & Performance

860-355-4354

April 2014

\$ denotes fee for class

Updated 4/3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Drop ins welcome For all classes Except Less Stress	DEMOS all this week for Teen Yoga, Yoga and Zumba	1 Teen Yoga Demo 3:30-4:15 R1 w/Jen Kids Zumba Demo 5:15-5:50 w/Leeann	2 Kid Yoga R2 4-4:45 w/Jen Demo	3	4 Less Stress w/ Dawn \$ 4:30pm-5:15pm R1 postponed	5 Both Demos Kids Zumba R2 10:15-11 w/Leeann Kids Yoga R1 11:15-12 w/Jen
6	7	8 GITG 4-5/track Teen Yoga R1 \$ 3:30-4:15 w/Jen Kids Zumba R2 \$ 5:15-5:50 w/Leeann	9 Kid Yoga R2 \$ 4-4:45 w/Jen	10	11 Less Stress w/Dawn \$ 4:30pm-5:15pm R1 Girls in the Groove Upstairs Track	12 Kids Zumba R2 \$ 10:15-11 w/ Leeann Kids Yoga R1 \$ 11:15-12 w/Jen
13	14 Hip Hop Demo! 10:45-11:15 R2 NM Schools closed	15 B&G Fit Club \$ w/Chris 10:15-11 am NM Schools closed	16 Kids Yoga R1 \$ w/Jen 9-9:45 NM Schools Closed	17B&G Fit Club \$ w/Chris 10:15-11 Rock Star w/Don \$ 10:30-11:15 am R2	18 NM Schools Closed	19 NO YOUTH CLASSES SPRING BREAK
20	21	22 Teen Yoga \$ 3:30-4:15 R1 w/Jen Kids Zumba \$ 5:15-5:50 w/Leeann	23 Kids Yoga R2 \$ 4-4:45 w/Jen	24 Less Stress w/Dawn \$ 4:30-5:15 R1	25 Less Stress w/Dawn R1 4:30-5:15 makeup	26 Kids Zumba R2 \$ 10:15-11 w/ Leeann Kids Yoga R1 \$ 11:15-12 w/Jen
27	28	29 Teen Yoga \$ 3:30-4:15 R1 w/Jen Kids Zumba \$ 5:15-5:50 w/Leeann	30 Kids Yoga R2 \$ 4-4:45 w/Jen			
Teen & Kid Yoga are both 8 week sessions.	Less Stress is a 6 week program.	B&G Fit Club on 4/15 & 4/17 are one day paid programs. \$10 a class each day	Kids Yoga on 4/16 is a one day paid program. \$10 a class	Rock Star on 4/17 is a one day paid program. \$10 a class	Hip Hop on 4/14 is a FREE DEMO CLASS	



Schedule of Events for April 2014

- **B&G Fit Club:** One day program running on Tuesday, April 15th and Thursday, April 17th from 10:15-11:00. Coach Chris will lead the kids through a fun exercise program involving cardio, stretching and strength movements in a fun, healthy environment. \$10 per class. Registration is preferred. Ages 8-12.
- **Kid Yoga:** an 8 week session offered on Wednesdays from 4-4:45 or Saturdays from 11:15-12.. Kids Yoga is a fun exploration and introduction to the practice of yoga for ages 6-12. Kids will cultivate balance, learn self-awareness and build confidence through playful asana practice . Breathing and relaxation techniques will be introduced to combat stress. Ages 6-12 8 weeks for \$80 or \$10 drop in. Jennifer Cranna is a 200RYT yoga instructor and mother of three who loves to teach power yoga, vinyasa flow and yoga for kids. Jen believes everyone can benefit from a little yoga!
- **Less Stress:** In today's world, children are under more pressure & stress and feel more anxiety than ever before. Between the increasing demands of school, extracurricular activities, peer relationships & the growing demands of technology, children often feel tired, anxious & irritable. In this class, Yoga, Meditation & Stretching techniques will empower children to handle life situations with less emotional reactivity, strengthen their ability to pay attention & focus, learn effective strategies for situation anxiety and increase compassion for themselves and others. Less Stress is a 6 week program offered on Thursdays from 4:30-5:15 for children ages 9-12. \$60 for 6 weeks.
- **Teen Yoga:** is an introduction to Yoga for ages 13-18. Teens will learn to center themselves with breathing techniques. Yoga practice will build strength, flexibility and balance. Cultivate a sense of balance to help combat stress and anxiety. 8 week session runs on Tuesdays from 3:30-4:15. 8 weeks for \$104, or \$13 drop in.
- **Kid Zumba:** a fun filled exercise class for kids where they will participate in choreographed "kid-friendly" Zumba steps. Your kids will be introduced to an energized cardio routine while building strength and endurance. Kids Zumba is fitness fun at its best! Program is offered on Tuesdays from 5:15-5:50 or Saturdays from 10:15-11. 8 weeks for \$80, drop in \$10. Ages 7 and up
- **Rock Star Performance Workout, Kids Edition:** One day program running Thursday, April 17th from 10:30-11:15. Don has the kids playing along to the beats of the music with drumsticks on stability balls and Bosu's. Complete with a light show! Come experience an epic work out while having lots of fun, rock and roll style! Ages 6-12, \$10.