

PROGRAMMING CALENDAR

\$ denotes fee for class

June, 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Intro. To Yoga 4:30 - 5:15pm w/ Kathy (R1)	2 Weight Watchers Meeting at 10am (R1)	3	4 Weight Watchers Meeting at 5:30pm (R1)	5	6
7	8 Intro. To Yoga 4:30 - 5:15pm w/ Kathy (R1)	9 Weight Watchers Meeting at 10am (R1)	10 SBR Boxing 101 11am - 1pm w/ JC	11 Weight Watchers Meeting at 5:30pm (R1)	12 SBR Boxing 101 5 - 7pm w/ JC	13
14	15 Beat PD Today Info 11:00am Intro. To Yoga 4:30 - 5:15pm w/ Kathy (R1)	16 Weight Watchers Meeting at 10am (R1) Ball Room Dance 7:00pm-8:00pm (R2) \$	17 Intrinsic Foot Strengthening 11:00am (Track) \$	18 Weight Watchers Meeting at 5:30pm (R1)	19	20
21 Summer Solstice Yoga 1:30 - 3pm w/ Lisa (R1) \$	22 Beat PD Today Info 11:00am (R2) \$ Intro. To Yoga 4:30 - 5:15pm w/ Kathy (R1)	23 Weight Watchers Meeting at 10am (R1) Ball Room Dance 7:00pm-8:00pm (R2) \$	24	25 Weight Watchers Meeting at 5:30pm (R1) Intrinsic Foot Strengthening 5:00pm (Track) \$	26	27
28	29 Beat PD Today Info 11:00am (R2) \$ Intro. To Yoga 4:30 - 5:15pm w/ Kathy (R1)	30 Ball Room Dance 7:00pm-8:00pm (R2) \$	Also offering (by appointment only) SBR Boxing Camps and, RMR and VO2 Max Testing! 6Wk. Weight Training Program available! "Iron Maidens!" See Front Desk for more information.			

Schedule of Events for June

- **Ball Room Dance:** Tuesdays starting on June 16th from 7:00pm-8:00pm. Nicole Almeida, owner of Arthur Murray Dance Studio in Danbury is coming up to teach this 6 week Ball Room Dance class. No experience necessary and no partner required. Come join her and dance the night away! \$120 for one person or \$180 for a couple for 6 classes. Please register at the Front Desk.
- **Beat PD Today:** Mondays starting on June 15th from 11:00am-12:00pm . Join Michelle Hespeler for this 8 week Functional Interval Training Program made specifically for people with Parkinson's. The first class is informational and free! Follow that with an 8 week program designed to help alleviate Parkinson's symptoms. \$150 for members and non-members. Please register at the Front Desk.
- **Intrinsic Foot Strengthening:** Wednesdays starting on the 17th at 11:00am and Thursdays starting on the 25th at 5:00pm for 4 Weeks. Eric will guide you through this 4 week progressive program of foot strengthening exercises designed to help alleviate most foot and ankle issues. Each class will begin with a handout of the coming weeks prescribed exercises, a 30-45 minute hands on class and a final question and answer period. \$79.00 for 4 classes for members and non members. Please pre-register at the Front Desk.
- **Introduction to Yoga:** Every Monday in June from 4:30pm - 5:15pm. Join Kathy for this beginner Yoga class for people with physical limitations. You will learn basic poses and modifications you can take into your Yoga practice. Learn how to properly stretch and also gain balance and strength. Please pre-register at the Front Desk.
- **SBR Boxing 101:** Wednesday, June 10th from 11am - 1pm or Friday, June 12th from 5pm - 7pm. Join coach JC as he brings you through a 10 minute demonstration of basic boxing drills using the SBR machine. Think 10 minutes isn't long enough? We challenge you to give it a try! This workout will prove to be one of the most intense experiences of your life! Space is limited. Please pre-register for your time slot at the Front Desk.
- **Summer Solstice Yoga Class:** Sunday, June 21st from 1:30pm - 3pm. Join Lisa to celebrate the longest day of the year by taking a moment to stop and be still. Say yes to celebrating the Summer Solstice and use this time to set your intentions for the best life ever! \$15 for members, \$20 for non members. Please pre-register at the Front Desk as space is limited.
- **Triathlon Training Program:** 10 week Adult Triathlon Training Program kicks off, 7:30am at Lake Waramaug. The 10 week adult training program will prepare you for the 2015 Hopkins Sprint Triathlon. 10 week Program for members is \$400 and \$450 for non members. Drop in sessions are also available, \$40 for members and \$45 for non members. If you would like more information, please contact Chris at: cpapsin@yahoo.com. To register for any of the drop in sessions, sign up with the Front Desk.
- **Weight Watchers Meeting:** Every Tuesday at 10am and Thursday at 5:30pm at Phys-Ed. Inspirational and informative meetings for weight watcher participants.