

Any Questions call:

Phys-Ed Health & Performance

860-355-4354

May 2012

\$ denotes fee for class

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Running Club</i> 6pm \$ <i>Pilobolus</i> 7pm R1	2 Triathlon Training 7pm R1	3	4 <u>Zumbatomic R1</u> 4:15pm \$	5 Plyo Mania 9am <i>Running Club</i> 9am \$ Triathlon Training 10am R1
6 Adult Hike 10am	7 Four on the Floor 11:15am Floor	8 <i>Running Club</i> 6pm \$	9	10 Plyo Mania 6pm	11 Plyo Mania 10:15am <u>Zumbatomic R1</u> 4:15pm \$	12 <i>Running Club 9am \$</i> Plyo Mania 9am Pilobolus 10:15am
13	14 Four on the Floor 11:15am Floor	15 Plyo Mania 6pm <i>Running Club</i> 6pm \$ TRX 101 R1 6:45pm	16 <i>Strong Shoulder</i> 7:30pm R2 <u>Moved to Tuesday</u>	17 Plyo Mania 10:15am	18 <u>Zumbatomic R1</u> 4:15pm \$	19 <i>Running Club</i> 9am \$
20 Family Hike 10am CPR R1 10:30am \$	21 Four on the Floor 11:15am Floor	22 Plyo Mania 6pm <i>Running Club</i> 6pm \$	23	24 Spin 102 7:15pm	25	26 Triathlon Training 8am \$ <i>Running Club</i> 9am \$
27	28 Four on the Floor 11:15am Floor	29 <i>Running Club</i> 6pm \$	30	31		

- **May 1, Tuesday, 6pm, 1 hour Running Club** Jennifer & Val will create a custom 8-week running program for each participant. The group will meet twice a week to work on distance and speed. At the end of the program, participants will have the option to run in the New Milford Twilight Run on June 1st. Fee= \$180 First meeting will be at Phys-Ed. All other meetings will be announced. *Phys-Ed U. credits=6*
- **May 1, Tuesday, 7pm, 1 hour Pilobolus** Work out like a Pilobolus dancer. In this class, Emily will push your endurance, flexibility, strength and balance, while using your own weight or a partner as leverage. *Phys-Ed U. credits=4* **Registration Deadline: April 29**
- **May 2, Wednesday, 7pm, 1 hour Triathlon Training Meeting** Stacie will discuss the details of what the Triathlon program will entail for you as an individual as well as prepare you for the Hopkins Triathlon on July 21 (voluntary). Additional alternate meeting date: Saturday, May 5
- **May 4, Friday, 4:15pm, 45 minutes Zumbatomic** Sarah will teach kids ages 4-13 Zumba style dance so that they can have fun while encouraging kids to get in shape. Fee: \$60 for 6 weeks. Drop-in: \$15 **Registration Deadline: May 2**
- **May 5, Saturday, 9am, 50minutes Plyo Mania** With resounding success, Don is continuing is explosive, high-intensity workout with jumps and quick feet. *Phys-Ed U. credits=3* **Registration Deadline: May 3** See flier for additional dates and times
- **May 6, Sunday, 10am, 2 hours Adult Hike** Hike the Roxbury Mines with Sheree. *Phys-Ed U. credits=6* **Registration Deadline: May 4**
- **May 7, Monday, 11:15am, 30 minutes Four on the Floor** Francesca will show you 4 core exercises using whatever tools are available on the gym floor. *Phys-Ed U. credits=2* **Registration Deadline: May 5**
- **May 15, Tuesday, 6:45pm, 1 hour TRX 101** Bob will be teaching **TRX 101** where you will learn the basic commands, poses and safety considerations for taking TRX on the Group X calendar. *Phys-Ed U. credits=4* **Registration Deadline: May 13**
- **May 15, Tuesday, 7:30pm, 1 hour Strong Shoulders** Gail will discuss the anatomy of the shoulder, typical injuries and exercises to increase stability and strength. *Phys-Ed U. credits=4* **Registration Deadline: May 13**
- **May 20, Sunday, 10:30am, 4 hours CPR** Become CPR certified with Lushon Greene. For more info contact Lushon at Lushon.physed@yahoo.com. *Phys-Ed U. credits=6*
- **May 20, Sunday, 10am, 2 hours Family Hike** Hike Hidden Valley in Washington and see what nature offers during this growing season. *Phys-Ed U. credits=6* **Registration Deadline: May 18**
- **May 24, Thursday, 7:15pm, 1 hour Spin 102** Jo-ann will teach you the advanced movements of Spin. Learn proper form for Running with Resistance, Jumps on a Hill, Sprints and Sprints on a Hill. Then ride to become comfortable with those forms. *Phys-Ed U. credits=4* **Registration Deadline: May 22**

Repeating classes are described once on start date. Please refer to calendar to see additional dates and times. Please also note all classes have a registration deadline of 2 days in advance unless otherwise noted. Please register so that you can receive your Phys-Ed University credits and the Instructor is ready with proper equipment and/or materials for class. Have fun and work hard to get the results you are striving for!

Thank you, Phys-Ed Staff