

Adult Fitness

Zumba

Zumba is a great way to stay physically and mentally fit. It is like no other workout you will ever experience! Zumba is great for the mind, body and soul and is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver a high energy, heart pumping cardiovascular workout you want to return to again and again.

Day: Monday Time: 7:30 – 8:30 p.m.

Dates: 1/25 – 3/21 (8 wks) – no class 2/15

Place: Center School Gym Fee: \$75.00

Instructor: Ariana Mesaros

New ~ Tai Chi for Beginners

Tai Chi is practiced for health and self-defense. The slow, gradual movements help reduce stress, promote longevity and increase balance and core strength. The Wu style Tai Chi will be introduced, which has 30 groups of movements and takes eight minutes to perform once learned. Please wear flat soled shoes and loose, comfortable clothing.

Day: Wednesday Time: 7:00 – 8:30 p.m.

Dates: 1/27 – 3/23 (8 wks) – no class 2/17

Place: Center School Gym Instructor: Vincent Candela

Fee: \$79.00

Train for a 5K

Are you interested in running a 5K road race (3.1 miles)? Are you a walker who would like to try running? Are you a runner interested in improving your times? Do you want to get your fitness back? Come join Cassie Dunn in a group setting, for a series of training runs at the Brookfield High School track. We will train together on Saturdays at the high school track and then each participant will be given an individualized workout schedule to follow during the week. Each week you will be given new workouts as you progress. (Come dressed (in layers) to run and bring a water bottle. This program will prepare you for the Mother's Day 5K on Sunday, May 8, 2016. (Race registration is included in the fee.) In the fall, we have the same program to prepare for the Halloween 5K on Sunday, October 30, 2016. All fitness levels are welcome! Come try a great sport, get fit and make some new friends! Cassie Dunn, former BHS cross-country and track coach, is a certified Road Runners Club of America Coach; NASM certified personal trainer, functional training specialist, Pilates and Spinning instructor.

Mother's Day 5K Workshop

Day: Saturday, April 2 – Sunday, May 8

Time 8:00 – 9:00 AM

Place Brookfield High School Track

Fee: \$70.00

Yogalates

A hybrid of yoga and Pilates, Yogalates will give you the best of both disciplines. By becoming mindful of movement and breath, and connecting your mind to your muscle, you will increase your flexibility, strength and muscle balance. This program can be modified for all fitness levels, but participants should be comfortable working on the floor. Please bring a mat, a towel and water bottle.

Day: Tuesday Time: 6:00 – 7:00 p.m.

Dates: 1/19 – 3/15 (8 wks) – no class 2/16

Place: Center School Gym Instructor: Phyllis Babuini

Fee: \$75.00

Why Weight?

Don't be daunted by preconceived perfectly fit images, Why Weight is designed for any body and every body to feel successful in their current fitness level. With slow, steady training focusing on form, movement will transform your shape and attitude. Concentrated resistance using light weights will build muscle, and we'll work on posture and balance, too. Come make some new friends while finding out how capable you really are. Please bring a set of weights (1,3 or 5 pound is recommended) and a towel or mat for floor work. Be sure to wear sneakers and bring a water bottle, too.

Day: Thursday Time: 6:00 – 7:00 p.m.

Dates: 1/21 – 3/17 (8 wks) – no class 2/18

Place: Center School Gym Fee: \$75.00

Instructor: Phyllis Babuini

Total Body Conditioning

This class offers a total body workout that will improve overall strength, flexibility, muscle tone, stamina, and core strength. We tone your body in this class using weights, resistance bands, Pilates, and more. Instructor Marni McNiff modifies the class for each individual fitness level. From beginners to the avid exerciser, you can expect a complete body workout. Childcare is available during class. Register for this program and receive a free gym pass for two weeks.

Day: Tuesday Time: 9:15 – 10:15 a.m.

Dates: 1/26 – 3/15 (8 wks) Fee: \$90.00

Place: NO LIMIT Health and Fitness, 1120 Federal Road

Interval Training With Marni

Combining strength training and short bursts of cardio exercise, this class will burn calories while toning your body. Cardio bursts include kickboxing, step, and elements of a boot camp class. The strength training portion includes the use of weights, bands, bodyweight resistance exercises, and more. All levels are encouraged. Watch your body change! Register for this program and receive a free gym pass for 2 weeks. Childcare is available.

Day: Thursday Time: 9:15 – 10:15 a.m.

Dates: 1/28 – 3/17 (8 wks)

Instructor: Marni McNiff Fee: \$90.00

Place: NO LIMIT Health & Fitness, 1120 Federal Road

New ~ Adult Strength & Conditioning

Do you want to increase strength, stamina, balance and flexibility; improve key health indicators; lose weight; and charge up your overall fitness level? Then this class is for you! Each one-hour class is a challenging mix of body weight, dumbbell, barbell, and kettlebell movements; heart-pumping metabolic conditioning exercises; and a bit of unexpected; in an encouraging group atmosphere. This class is led by a nationally-certified performance coach and adapted to participant fitness level. If you are ready to get results, this is the perfect training experience for you! Your registration includes an eight-week full gym membership.

Days: Saturday Time: 10:00am – 11:00am

Dates: 1/30 - 3/19 (8 wks) Fee: \$120.00

Place: No-Limit Health & Fitness, 1120 Federal Rd

Indoor Group Cycling

This class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises all to high energy and motivating music – you will LOVE this, and burn a ton of calories doing it! Take as many classes as you'd like, January 25 through March 19 (eight weeks) for \$90.00. After you sign up with Parks & Rec., just pre-register for each class at NO LIMIT Health and Fitness by calling 775-8548. Participants receive a free two-week gym pass with registration. NO LIMIT Health and Fitness is located at 1120 Federal Road, Brookfield and is the site for all of our cycling classes.

Choose from any of the following class sessions:

Monday, 6:15 – 7:15 p.m.

Thursday, 6:15 – 7:15 p.m.

Saturday, 9:15 – 10:15 a.m.

Yoga Basics

The perfect class series for absolute beginners! You will learn basic yoga poses (which will be modified based on your ability), as well as breathing and relaxation techniques in this well-rounded introduction to yoga. We'll practice mindfulness, stress reduction, and energy awareness so that you'll leave feeling empowered, relaxed and open. No experience necessary!

Session 1: Mondays, 7:30 p.m. - 8:45 p.m.

Dates: 1/25 – 3/28 (6 classes) – choose any 6 to attend

Instructor: Christina Rojas

Session 2: Wednesdays, 7:30 p.m. - 8:45 p.m.

Dates: 1/27 – 3/30 (6 classes) – choose any 6 to attend

Instructor: Stacey Orris

Session 3: Thursdays, 12:00 – 1:15 p.m.

Dates: 1/28 – 3/31 (6 classes) – choose any 6 to attend

Instructor: Mimi Mathew

Session 4: Saturdays, 10:15 – 11:45 a.m.

Dates: 1/30 – 4/2 (6 classes) – choose any 6 to attend

Instructor: Heather Morgado

Place: YogaSpace, 78 Stony Hill Road, Bethel, CT

Fee: \$90.00 per session

Yoga Beyond the Basics – 6 Class Pass

Ready to take your yoga practice to the next level? Or perhaps you would like to explore something new? YogaSpace offers 30 classes per week, with some classes beginning as early as 7:00 a.m.! Use this specially discounted pass to sample any of YogaSpace's regularly scheduled classes. Choose from a variety of styles, teachers, days and times. If you're new to yoga, join us for a Basics class; if you're ready to move beyond Basics, check out our Balanced; Flow; or Vigorous classes. Or perhaps do a little deeper within the yoga experience with a Gentle, Yin or Kundalini class. The class schedule and descriptions may be found at: <http://yogaspace-ct.com/sp/schedule1.htm>.

Dates: 1/25 – 3/28 (6 classes) – choose any 6 to attend

Place: YogaSpace, 78 Stony Hill Road, Bethel CT

Fee: \$90.00

Adult Fitness - Open Gyms

Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over. Open Gym is canceled on 1/18, 2/15 and on days when school is not in session or dismisses early because of inclement weather.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/16/15 – 3/21/16 (16 ses) Place: BHS Gym

Fee: \$5.00/night or \$64.00/season pass

Open Volleyball

Ongoing Wednesday night open play for Brookfield residents and their guests age 18 and over. Open gym is canceled on 11/25, 12/23, 12/30, 2/17 and on days when school is not in session or dismisses early because of inclement weather.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/4/15- 4/6/16 (19 ses) Place: WMS Gym

Fee: \$5.00/night or \$76.00/season pass

Adult Fitness - Golf

Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5-iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$120.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

January: Wednesdays – 1/6, 1/13, 1/20, 1/27

February: Thursdays – 2/4, 2/11, 2/18, 2/25

March: Tuesdays – 3/1, 3/8, 3/15, 3/22

April: Mondays – 4/4, 4/11, 4/18, 4/25

Women Only Classes for Beginners

January: Tuesdays – 1/5, 1/12, 1/19, 1/26

February: Mondays – 2/8, 2/15, 2/22, 2/29

March: Wednesdays – 3/2, 3/9, 3/16, 3/23

April: Thursdays – 4/7, 4/14, 4/21, 4/28