

# Adult Programs

Our programs do not follow the school cancelation schedule. If there are weather related questions please call the cancelation line, 203-938-5036 X3

Please note that face coverings for indoor programs are required for all regardless of vaccination status.

## **October Gentle Yoga Series - ONLINE**

Perfect for yoga newbies, stiff bodies, and anyone wanting a slow, mindful & mellow practice, this 5-week Gentle Yoga introduction with long-time instructor, Gloria Owens, includes gentle warmups, creative chair yoga, flowing and classic yoga poses, and a blissful guided relaxation at the end. Gloria offers detailed instructions with plenty of modifications so you can practice safely from the comfort of your own home. If you've been reluctant to try yoga, this is a great place to start. You'll learn how to practice effectively, with compassionate self-awareness, so you can receive the wonderful benefits of yoga without strain. Along the way, we'll cultivate flexibility, balance, and strength, while calming the mind and soothing the soul. Leave feeling grounded, capable, nurtured, and ready for the rest of your day!

*Note for online classes: You'll want to have decent internet service, access to Zoom, and a place where you can practice uninterrupted for an hour. Ideally, you'll have your own yoga mat, two yoga blocks and a yoga tie (or long scarf). Gloria will also show you how to get creative with items you most likely have around your house, like pillows, towels, a dining chair, etc.*

**Activity No: 11113-22**

**Dates:** 10/1/21-10/29/21

**Time:** 11:30am - 12:30pm

**Location:** Online on Zoom (link will be emailed 2 days before the first class).

**Instructor:** Gloria Owens

5 classes

Fridays

**Fee:** \$60.00

## Morning Yoga

A multi-level class that helps to release chronic tension and stress, activate energy and balance, cultivate inner focus and clear awareness both on and off your yoga mat. No two classes will be the same in this fun and creative mix of various yoga traditions. Modifications will be offered to accommodate varying physical needs. Classes include yoga postures, breathing techniques and deep relaxation. Please bring a yoga mat or large towel and a blanket for relaxation. Location: Congregational Church. (corner of Cross Highway & Lonetown Ext.

**Activity No:** 11113- 2                      11 classes  
**Dates:** 9/30/21-12/16/21              Thursdays  
**Time:** 10:00-11:30am                  **Fee:** \$165.00  
**Location:** Congregational Church  
**Instructor:** Nancy Schur              No Class: 11/25

## Evening Yoga

Hatha yoga begins with learning the art and science of yoga postures. The method of study is orderly and progressive and the postures are adjusted to meet the physical conditions and needs of each student. Strength, coordination, flexibility, stress relief and an increase in well-being are some of the derived benefits.

Location: RCC Community Room  
Instructor: Pat Reichart

**Activity No:** 11113- 3                      10 classes  
**Dates:** 9/30/21-12/16/21              Thursday  
**Time:** 7:00-9:00pm                      **Fee:** \$200.00  
**Location:** RCC Community Room  
No class: 10/7,11/25

## Yoga for Balance - Canceled

Energize the body and calm the mind. Focus on poses that develop strength, flexibility, and balance. New students are welcome, including those brand new to yoga. Basic poses, more challenging variations, and gentle modifications will be offered. Instructor is Laurie Mayper. Her teaching is a blend of hatha, Iyengar-inspired, and Kripalu-inspired styles, so all students find safe alignment and inner well-being. Class focuses on postures, with the basics of breathing, a brief meditative centering, and class ending in brief relaxation. Leave class replenished and stress-free. Laurie is certified in yoga at the 500-hour level. She has training in hatha, yin, restorative, and prenatal yoga, yoga nidra, and has been teaching yoga since 2004. Class will be held outdoors when possible.

**Activity No:** 11113- 5                      11 classes  
**Dates:** 9/21/21-12/14/21              Tuesday  
**Time:** 6:00-7:15pm                      **Fee:** \$154.00  
**Location:** RCC Community Room - outside when possible  
No Class: 11/2, 11/23

## Yogalates - Canceled

Strengthen the core muscles (abdominals and low back) with mat pilates exercises. Develop strength, balance, and flexibility with yoga poses. Combine yoga and pilates, with breath awareness and stress reduction, for a complete workout, and return to your busy day with focus and energy. The yoga in this class focuses on strength and balance, not just stretching to relax. Instructor is Laurie Mayper. Her teaching is a blend of mat pilates and yoga, so all students find safe alignment and inner well-being. Leave class feeling invigorated, stronger, and better balanced. Laurie is certified in yoga at the 500-hour level. She has training in pilates, mat science, pi-yo, traditional and fitness yoga, and has been teaching pilates since 2003 and yoga since 2004. Class will be held outdoors when possible.

Note: This class offers modifications for students who cannot get down on the mat, including exercises seated in or holding onto a chair.

**Activity No:** 11113- 7                      11 classes  
**Dates:** 9/18/21-12/11/21              Saturday  
**Time:** 9:30-10:30am                  **Fee:** \$154.00  
**Location:** RCC Community Room – outside when possible  
No Class: 10/9, 11/27

## Pilates

Pilates is based on the principles of centering, control, fluid movement, breathing and precision. This full-body sculpt workout includes props (Stability balls, Pilates balls, bands, rings, light weights) as well as body weight to improve mobility, flexibility, posture, strength and balance. This class is for participants of all fitness levels. Nancy Ciardullo is your instructor. Nancy has over 17 years of Pilates experience.

### Morning Classes - CANCELED

**Activity No:** 11116- 2                      13 classes  
**Dates:** 9/20/21-12/20/21              Mondays  
**Time:** 9:00-10:00am                  **Fee:** \$182.00  
**Location:** RCC Gym  
No Class: 10/11

### Evening Classes

**Activity No:** 11116- 4                      11 classes  
**Dates:** 9/27/21-12/20/21              Mondays  
**Time:** 6:15-7:15pm                  **Fee:** \$154.00  
**Location:** RCC Community Room  
No Class: 10/11, 11/1

### Activity No: 11116- 5 - CANCELED

**Dates:** 9/22/21-12/15/21              Wednesdays  
**Time:** 6:15-7:15pm                  **Fee:** \$168.00  
**Location:** RCC Community Room  
No Class: 11/24

## **Total Body Conditioning**

A workout for all levels! This class uses resistance bands, body weight, calisthenics, low impact cardio, core and balance training to help build strength and stability. Modifications provided. Bands provided. Please bring yoga mat and a set of light dumb bells. Sara Florio: ACSM certified personal trainer, occupational therapist and holistic nutrition health coach.

Location: RCC Community Room

Instructor: Sara Florio

**Activity No:** 11117-5 - **CANCELED**

5 classes

**Dates:** 9/30/21-12/16/21

Thursday

**Time:** 6:00-7:00pm

**Fee:** \$90.00

**Location:** RCC Community Room

No Class: 10/7

**Activity No:** 11117-6

5 classes

**Dates:** 11/11/21-12/16/21

Thursday

**Time:** 6:00-7:00pm

**Fee:** \$90.00

**Location:** RCC Community Room