

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
7-7:45 am M/W/F Bootcamp 170012-Z1 \$59/\$118 12 classes w/ Jerry		7-7:45 am M/W/F Bootcamp 170012-Z1 \$59/\$118 12 classes w/ Jerry	9-10 am Cardio Barre 170007-Z1 2 classes no 7/9, 7/30 \$11/\$22 w/ Donna	7-7:45 am M/W/F Bootcamp 170012-Z1 \$59/\$118 12 classes w/ Jerry	
9-10 am Salsa Fit 170032-Z1 \$26/\$52 4 classes w/ Kelly		9-10 am Salsa Fit 170032-Z2 \$26/\$52 4 classes w/ Kelly	9:15-10 am Silver Sneakers Circuit 170008-Z2 \$15/\$30 3 classes no 7/9 w/ Mandy		
		10:30 – 11:15 am Silver Sneakers Circuit 170008-Z1 \$10/\$20 2 classes no 7/8, 7/29 w/ Donna	10:15-11 am Silver Sneakers Yoga 170022-Z1 \$15/\$30 3 classes no 7/9 w/ Mandy		9:15-10 am Silver Sneakers Yoga 170022-Z2 \$20/\$40 4 classes w/ Mandy
5:45-6:15 pm Core Express 170055-Z1 \$13/\$26 4 classes w/ Mandy			5:30-6:30 pm Taste of Qigong & Tai Chi 170029-Z1 \$26/\$52 4 classes w/ George		
			6:45-7:15 pm Yoga Express 170024-Z1 \$16/\$32 4 classes w/Mandy		

### July Zoom Classes

#### July 6-August 2

All above classes will take place via [Zoom](#) online web conferencing app. Meeting ID and password are sent via email along with your receipt upon registration. You must have video and audio capabilities enabled on your computer, tablet or smartphone. Suggested equipment or alternative equipment will also be included in your receipt along with hints on how to set up your device for the best experience

Silver Sneakers classes are free to Silver Sneakers Members

All registration takes place [online](#)

Click [here](#) for help with online registration or call (860)429-3015 x 0 –please leave a message or reach out to us via email at [parksandrec@mansfieldct.org](mailto:parksandrec@mansfieldct.org)

Please enter only first 6 numbers in the activity number search bar when looking for the class, then select from the appropriate section listed.

## Class Descriptions:

<b>Hardcore Bootcamp</b>	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
<b>Silver Sneakers Yoga</b>	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
<b>Silver Sneakers Circuit</b>	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, or alternatives is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
<b>Salsa Fit</b>	Have some salsa with your workout! This class is a Latin dance cardio workout and will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know its exercise.
<b>Taste of Qigong and Tai Chi</b>	Join us to explore the foundations of these two beautiful Chinese Healing and Martial arts. We'll work with breathing, stance, focused intention and movement to help relieve stress, improve health and mindfulness and specifically, learn some exercises to help strengthen the immune system. Come work with us to improve your understanding of the foundations of these ancient arts what makes them so good for our health.
<b>Core Express</b>	A 30 minute class to focus on building and strengthening your core.
<b>Yoga Express</b>	A 30 minute practice to work the body through a range of yoga poses leaving you relaxed and energized.
<b>Cardio Barre</b>	Cardio Barre is a high energy, low impact class that combines barre work to tone and define the lower body, light weights and mini ball to build lean muscle mass and Pilates mat work to strengthen and elongate your body. This total body workout will leave you feeling energized, graceful and strong.