

# BERLIN PARKS AND RECREATION DEPARTMENT

## FALL 2016 PILATES AND YOGA CLASSES

The Berlin Parks and Recreation Department is accepting registration for Pilates and Yoga classes at the Berlin Parks and Recreation Office, 230 Kensington Road, Berlin, CT 06037 beginning on Monday, August 22nd for residents and Monday, August 29th for non-residents. *Registration forms can be obtained on the town's website [www.town.berlin.ct.us](http://www.town.berlin.ct.us) to mail in or to register in person. New online registration, call for your user name and password 860-828-7009*



**Pilates** - Our Pilates/Cardio Core classes are held at the Berlin Community Center. Instructors are from Personal Euphoria, Wethersfield. Participants will need a mat, water bottle and wear comfortable clothes. For more information on Pilates visit [www.pilates.com](http://www.pilates.com)

**Cardio Core** - Light low-impact cardio with strength training that emphasizes your core (glutes, back, abs and shoulders). You'll keep moving and get stronger. This class helps increase muscle tone, build stronger and longer muscles, and increase balance while

maintaining joint mobility and range of motion. Class will meet for 12 weeks from 5:45-6:30 p.m. on Monday's from September 12 until December 19, no class October 10, 31 and November 28. Limit of 17 participants. Fee is \$90 for residents and \$100 for non-residents **Program #332001A**

**Core Blast Pilates** is a system of over 500 controlled exercises that engage the mind and condition the total body. It is a balance blending of strength and flexibility training that improves posture, reduces stress and creates long lean muscles without bulking up. Co-ed 18 years of age and up, mixed levels of beginners through intermediate, no ball class. Class will meet from 6:30-7:30 p.m. for 12 weeks on Monday's from September 12 until December 19. Class will not be held on October 10, 31 or November 28. Limit of 17 participants. Fee is \$90.00 for residents and \$100.00 for non-residents **Program #332001B**



**Yoga classes** – All Yoga classes will be held at the Berlin Community Center. Melissa Kidder-Blake is the instructor.

**Morning Yoga** – Feel better. Get stronger. Breathe deeper. Learn the fundamentals of yoga. No experience necessary. These morning classes will teach basic yoga postures and techniques with an emphasis on body alignment and breathe awareness. We will focus on and develop core strength, flexibility, balance and concentration. This class is open to all

who wish to build a strong foundation of yoga practices. Classes will be held on Tuesday's from 9-10:15 a.m. starting September 13 (no class November 1 or 8). Residents can sign up for all 13 classes, September 13-December 20 for \$85 or for 7 classes from September 13-October 25 for \$50 and/or 6 classes, November 15-December 20 for \$45. Non-residents can sign up for all 13 classes, September 13-December 20 for \$95 or for 7 classes from September 13-October 25 for \$60 and/or 6 classes, November 15-December 20 for \$55. **Program #334301C for all classes, #334301C2 for September/October classes and #334301C3 for November/December classes.**

**Power Yoga** - Develop strength, flexibility and endurance through this flowing practice. This class is a moving meditation of breath and postures. Power yoga creates space, lightness and stability in our bodies and calms our minds. The class will conclude with several restorative poses promoting deep relaxation. The practice will leave you refreshed and renewed. Instructor can provide any necessary modifications making this class accessible to beginners. Classes will be held on Tuesday's from 7-8:15 p.m. starting September 13 (no class November 1, 8 and 29). Residents can sign up for all 12 classes, September 13-December 20 for \$80 or for 7 classes from September 13-October 25 for \$50 and/or 5 classes, November 15-December 20 (no class November 29) for \$40. Non-residents can sign up for all 12 classes, September 13-December 20 for \$90 or for 7 classes from September 13-October 25 for \$60 and/or 5 classes, November 15-December 20 (no class November 29) for \$50. **Program #334301B for all classes, #334301B2 for September/October classes and #334301B3 for November/December classes.**

**Introduction to Yoga Series** of This series, for new students, teaches postures and their alignments. The classes focus on breath, and address one posture at a time. Learn to breathe fully and move with breath, as you increase flexibility and strengthen your body. Learn relaxation techniques that can be applied to reduce stress in your daily life. Please wear comfortable clothing and bring a yoga mat. Classes will be held on Thursday's from 7-8:15 p.m. starting September 22 (no class November 3, 10, 17 or 24). Residents can sign up for all 10 classes, September 22-December 22 for \$70 or for 6 classes from September 22-October 27 for \$45 and/or 4 classes, December 1-22 for \$35. Non-residents can sign up for all 10 classes, September 22-December 22 for \$80 or for 6 classes from September 22-October 27 for \$55 and/or 4 classes, December 1-22 for \$45. **Program #334301A for all classes, #334301A2 for September/October classes and #334301A3 for November/December classes.**