

Thank you to our instructors providing online options to keep us moving while the building is closed. The following ZOOM VIDEO EXERCISE classes are now offered for our May/June 2020 session:

Cardio Sculpt/Instructor: Daniel Salerno
Wednesdays, 9:15 AM - 9:45 AM
May 6 - June 24, (30-minutes)
FREE (8 weeks)

Cardio Sculpt is an effective, efficient group fitness program designed to build optimal health so you can live your life the way you want. If your time is limited but you still want great results, Cardio Sculpt is for you. This program delivers all aspects of fitness (cardio, strength, agility, flexibility, core conditioning and more). Zoom Max: 50

Gentle Yoga/Instructor: Cyndi Koss
Wednesdays, 2:30 PM – 3:30 PM,
May 6 - June 10
\$18 (6 weeks)

This is a beginner level class ideal for those new to yoga. Relieve stiffness and release stress. Create healthier joints. Ease the pain of arthritis. Learn healthy alignment. Strengthen heart and lung function. Improve balance, circulation and posture. Improve mental clarity. Move with more steadiness and ease. Use of supportive props is encouraged. Students must be able to move down to the mat and stand back up again. Zoom Max: 12

Seated Strength and Balance/Instructor: Pearl Pressman
Thursdays, 9:15 AM - 10:00 AM, May 7 – June 25
\$24 (8 weeks)

This is a 45-minute seated class designed to accommodate individuals of various fitness levels and abilities. The class begins with a thorough warm-up for both the joints and the muscles. The warm-up is followed by strength training and balance exercises for the body using hand weights, resistance bands and body weight. Zoom Max: 50

Zumba Gold/Instructor: Ketty Rosenfeld
Mondays, 1:00 PM – 2:00 PM
May 4 – June 29 (no class May 25-Memorial Day)
\$24 (8 weeks)

The design of this class introduces easy-to-follow Zumba® choreography which focuses on balance, range of motion, strength and coordination while also raising heart rates.

Yoga/Instructor: Judy Scribner-Moore
Level 1 Mixed Yoga, Tuesdays, 11:00 AM – 12:30 PM
OR

Level 2 Mixed Yoga, Tuesdays, 9:00 AM – 10:30 AM
\$54 (9 weeks) Both classes start May 5 – June 30

Level 1 class is open to novice and experienced students. Both class size is limited to 15 students ensuring ample individual attention. **Please note that Judy's approval is required to register for the Level II Mixed Yoga.**

Please bring a firm blanket to each class. Judy combines 35 years of teaching experience, interpersonal and mindfulness skills. This class will "open on Zoom" 30 minutes early to help with mat and video camera set-up. Zoom Max: 15

Chair Yoga/Instructor: Cyndi Koss
Wednesdays, 1:00 PM – 2:00 PM,
May 6 - June 10
\$18 (6 weeks)

Move at your own pace. Poses are done while sitting, leaning or standing holding onto a chair. This class encourages better circulation, builds bone density, and balance. Build leg and core strength. Improves mental clarity, breathing and posture. Move with more confidence and ease. Cyndi Koss, Wellesley resident, Graduate of Down Under School of Yoga, 500 hour registered Yoga Alliance teacher, 25 years of yoga experience. Zoom Max: 30

Qi Gong/Instructor: Bob Doherty
Fridays, 9:30 AM - 9:45 AM
May 8 - June 12 (30 minutes)
FREE (6 weeks)

Qi Gong is a gentle and relaxing exercise proven to be a highly effective way to maintain your health, increase energy and vitality, and promote healing. Qi Gong is effective at reducing the effects of aging and an aid to fall prevention. Zoom Max: 50

LaBlast/Instructor: Karen Karten
Fridays, 10:30 AM - 11:30 AM, May 8 – June 26
\$24 (8 weeks)

LaBlast is a dance fitness program based on all the dances you see on "Dancing with the Stars". It's partner free ballroom dance fitness to all kinds of music. It includes cardio and weight-training using simple dance patterns. No experience necessary! Come learn the Cha Cha, Quickstep, Foxtrot, Rumba and more. It's a workout in disguise. Zoom Max: 50

Pilates/Instructor: Lisa Wilkins
Mondays, 10:30 AM – 11:30 AM
May 4 – June 29 (no class May 25-Memorial Day)
\$24 (8 weeks)

Lisa has been instructing fitness classes for over 25 years. She really enjoys helping people of all ages and abilities achieve their fitness goals. If practiced with consistency, Pilates improves flexibility, builds strength and develops control and endurance in the entire body. It puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Zoom Max: 50

NOTE: No Personal Training at this time.

Please note: Virtual exercise class participants must sign and return this liability waiver. Scan and email to coa@wellesley.ma.gov or fax to 781-239-0394. Forms may also be returned by mail to: Council on Aging, 500 Washington St., Wellesley, MA 02482.

Exercise Class Release and Participant's Agreement

I, _____, wish to participate in the exercise activities and programs, including but not limited to yoga, Pilates, personal training and other movement practices at the Council on Aging's Tolles Parsons Center. I understand that strength, flexibility and aerobic exercise, including the use of equipment, are potentially hazardous activities. I also understand that fitness activities involve risk of injury and even death. I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

To the best of my knowledge, I hereby certify that I do not suffer from any condition, impairment, disease, infirmity or other illness that would preclude me from engaging in these exercise activities and programs. I understand that it is my responsibility to consult with a physician regarding my health before I engage in these exercise activities and programs at the Tolles Parsons Center. I represent and warrant that I am physically fit to participate in such exercise activities without limitation. (Note: If you are uncertain about this, please consult your health care provider before using the fitness room and do not complete this form.)

In consideration of being allowed to participate in the activities and programs at the Tolles Parsons Center and to use its equipment, I hereby waive, release and forever discharge the Town of Wellesley and its officials, agents, employees, volunteers, representatives, and personal fitness vendors and instructors (collectively, the "Releasees"), and all others from any and all responsibilities or liability for any personal injuries, or death to myself, including those caused by a negligent act or omission by those set forth above or on their behalf resulting from my participation in a exercise activity, program(s), class or use of the equipment in the Tolles Parsons Center. This agreement shall be binding on my executors, administrators and other representatives.

I understand that by signing this document I represent that I understand fully the rules and regulations that have been established for participation in the exercise activities and programs at the Tolles Parsons Center and I agree to follow such rules and regulations for my personal safety and the safety of everyone who participate in the exercise activities and programs at the Tolles Parson Center. I promise to indemnify, defend and hold harmless the Releasees against any and all legal claims and proceedings of any description, kind, or nature arising or resulting from my voluntary participation in such exercise activities, programs and classes, and use of equipment at the Tolles Parsons Center.

I further affirm that I have read this Release and Participant's Agreement and that I understand the contents of this Form. I understand that my participation exercise activities programs of the Council on Aging's Tolles Parsons Center Fitness Room is voluntary and that I am free to choose not to participate in said activities and programs. By signing this form, I affirm that I have decided to participate in these activities with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer while participating in these activities.

Participant's Signature

Date