

Aquatic Classes Lap Pool

Aqua Fit 45 minutes Intermediate

Aerobic aquatic class in chest deep water designed to build muscle, raise heart rate and build cardiovascular endurance while utilizing water resistance for muscle toning.

Aqua Yoga 45 Minutes Low Intensity

Gentle flow style yoga moves using the buoyance and resistance of the water to develop flexibility and coordination.

Cardio H2O 45 minutes Intermediate

Moderate aerobic class in water to enhance cardiovascular and muscular endurance. Incorporates muscle strength utilizing hand held floatation weights and body movement exercises.

Water Moves 45 minutes Intermediate

Fun-filled and energizing water-based movement class mixing game play and dance steps with strength and balance exercises to increase your balance, agility and body tone.

Water Walking 45 minutes Low Intensity

Low impact walking-in-water class focusing on muscle strength and flexibility. Ideal for the individual not ready for a cardiovascular workout but interested in building resistance, balance and coordination. Perfect for those with arthritis or joint injuries and to rebuild self-confidence and strength after injury or surgery.

Aquatic & Fitness Center Staff:

Lucy Eyre	Wellness & Fitness Coordinator, CPT, CSFI
John Hoadley	Certified Personal Trainer, CSFI, Instructor
Pia Johns	Certified Personal Trainer, CSFI, Instructor



30 Loeffler Road

Bloomfield, CT 06002

860-726-2265

Aquatic & Fitness Class Descriptions

Low Intensity - Low impact, gentle program. Best for people getting back into exercising and/or recovering from illness or injury.

Intermediate - Moderate intensity. Will include more cardio activity, standing positions and sometimes, floor work. Best for people currently exercising who wish to maintain and improve their endurance, agility and functionality.

Advanced - High intensity. Quicker paced classes best for people in good physical condition who want to increase their cardio endurance, overall body strength and tone.

If you have questions about what class would be best for you, please speak with one of our Aquatic & Fitness staff!

Land Classes Exercise Studio

Bells, Balls & Bands 45 minutes Intermediate

Creative, fun and energizing, this class is designed to strengthen the upper and lower body as well as the core using all types of exercise equipment!

Core Fit 45 minutes Advanced

Based on basic, gentle Pilates, this is a full body workout using body and hand-held weights both from a chair and on a mat.

Cardio Dance 30 minutes Intermediate

Put on your dancing shoes and let's move. Get the blood flowing and heart pumping as you dance your way to more energy, agility, flexibility and balance. No prior dance experience necessary. Just come have some fun!

Gentle Balance 30 minutes Low Intensity

Simple stretches and exercises from both seated and standing positions designed to increase core strength, improve balance and coordination.

Move, Stretch & Strength 45 minutes Intermediate

Moderate intensity movement class, standing positioned behind chair. Focus is on increasing agility and endurance, improving overall muscle balance and control, and increasing range of motion and flexibility.

Posture & Flexibility 45 minutes Low Intensity

Gentle stretches and exercises to improve posture and improve upper and lower body flexibility. Class can be done from seated position or standing.

Power Balance 45 minutes Intermediate

Improve the 3 major area's of balance training (Static, Dynamic, Postural) through challenging exercises from both the seated and standing positions. Also focuses on strengthening the major muscles used in the balance process to improve fall prevention and functional independence.

Power Kick Start with Mary Root 60 minutes Advanced

Advanced exercise program to effectively improve strength, endurance, mobility and coordination. Strategies to maintain enthusiasm for an active lifestyle and incorporates simple dance movements that improve concentration, balance, and sense of well-being.

Sit & Be Fit 30 minutes Low Intensity

Based **mostly** from the seated position to enable inexperienced to join. Designed for functional fitness incorporating stretching and light strength training with hand weights to work on muscle endurance and flexibility.

Sunrise Circuit 45 minutes Advanced

Challenging and vigorous - geared to give a morning boost through exercise. Variety is a key element of circuit classes and you will move through 4 stations incorporating balance, core strengthening, resistance training and aerobic endurance.

Chair Yoga 45 minutes Low Intensity

Concentrate on stretching, body awareness, basic postures, and proper alignment. Sequence breath with movement, become familiar with the connection to your physical and energetic body.

Gentle Yoga 45 minutes Low Intensity

Improve your strength, balance and flexibility through specially adapted gentle yoga poses from both seated and standing positions.

Mat Yoga 45 minutes Low Intensity

Basic yoga practice with emphasis on awareness of breath, movement and alignment from standing and mat (floor) positions.

Mobility Masters (standing Tai Chi) 30 minutes Intermediate

For people able to stand and move unassisted for 30 minutes. Movements from the Yang-style 24 Tai Chi Form with emphasis on balance, coordination, and footwork. Loose-fitting clothing and flat-bottomed shoes or sneakers recommended. Attending Tai Chi I (seated) is also highly recommended.

Tai Chi 1 (seated) 30 minutes Beginner/Low Intensity

For people with limited standing ability. Warm-ups loosen the joints, Qi Gong exercises increase flexibility, improve breathing and circulation, and various Tai Chi movements relax and energize body and mind.

AQUATIC and FITNESS SCHEDULE

effective 02/01/2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	NOTES:	
		7:30-8:30 Power Kick Start (Advanced)		7:30-8:30 Power Kick Start (Advanced)				
					8:30-9:15 Sunrise Circuit (Advanced)		Interested in a personalized exercise program? Call Lucy to set up appointment. 860-726-2265	
	9:00-9:45 Power Balance (Intermediate)	9:00-9:45 Move, Stretch & Strength (Intermediate)	9:00-9:45 Power Balance (Intermediate)	9:00-9:30 Posture & Flex (Low Intensity)	9:30-10:15 Chair Yoga (Low Intensity)	9:00-9:45 Core Fit (Advanced)		
	10:15 -11:00 Gentle Yoga (Low Intensity)		10:30 - 11:15 Mat Yoga (Low Intensity)				Exercise Studio always available for use when classes are not in session	
	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Aqua Yoga (Intermediate)	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Aqua Fit (Intermediate)	10:15-11:00 Cardio H ₂ O (Intermediate)	10:15-11:00 Water Moves (Intermediate)		
11:00-3:00 Family swim: Lifeguard on Duty	11:30-12:00 Gentle Balance (Low Intensity)		11:30-12:00 Sit & Be Fit (Low Intensity)	11:30-12:00 Gentle Balance (Low Intensity)	11:30-12:00 Sit & Be Fit (Low Intensity)	11:30-12:00 Sit & Be Fit (Low Intensity)	Lap swimmers/walkers have priority in the designated pool lap lane.	
	12:00-1:00 Pools and locker rooms closed for cleaning							
			1:30-2:15 Water Walking (Low Intensity)		1:30-2:15 Water Walking (Low Intensity)	<div style="border: 1px solid gray; padding: 10px; text-align: center;"> <p>Classes are for residents and members only.</p> <p>To inquire about membership, please call 860-726-2265.</p> </div>		One-on-one personal training available Monday-Friday. Contact Lucy to discuss fees and availability. 860-726-2265
			1:30-2:00 Tai Chi I (seated)		1:30-2:00 Tai Chi I (seated)			
		2:00-2:30 Mobility Masters (standing Tai Chi)		2:00-2:30 Mobility Masters (standing Tai Chi)				
	3:30-4:00 Cardio Dance (Intermediate)	3:30-4:15 Aqua Fit (Intermediate)	3:30-4:15 Bells, Balls & Bands (Intermediate)	3:30-4:15 Aqua Fit (Intermediate)				

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(intermediate)

Other Duncaster Aquatic & Fitness Services:

Duncaster Assessment

The Duncaster Assessment is available for free to Duncaster residents and all full-year members of the Aquatic & Fitness Center. It is a two-part assessment which measures your current physical fitness level by testing your upper and lower body strength and flexibility, balance and agility, and aerobic endurance. Both parts take approximately 30 minutes. The test results enable us to develop program recommendations based on an individual's specific physical strengths and weaknesses. It also allows us to develop classes that meet the needs of our members and assess the impact of those classes.

Personal Training

Duncaster's Personal Trainers are nationally accredited through professional associations such as ACSM, ACE, or NASM. They possess a thorough understanding of cardiovascular and respiratory health, muscle strength, muscle endurance, posture, flexibility and coordination training. This knowledge allows them to expertly create, modify, and monitor an individual's fitness routine. Our trainers will guide you in choosing a fitness plan that will best meet your goals, whether it is for: fall prevention and balance, weight loss or body fat reduction, improving mobility and strength, or to decrease discomfort. Using realistic short and long term goals, your personal trainer will be your guide and teacher so that you are successful. He/she can help you identify and overcome obstacles such as lack of motivation, time management, pain and injuries. Additional fees do apply. Contact Lucy Eyre, Wellness & Fitness Coordinator, at 860-726-2265 for information.

Gym Orientation

Want to get to know the gym equipment? Call at 860-726-2265 or ext. 2265 (within Duncaster) or drop by the gym to arrange a time to walk you through the gym equipment and its proper use.

Family Swim Sundays

Bring your whole family to Duncaster and enjoy our lap pool! A lifeguard is on duty from 11:00am - 3:00pm each Sunday. Please have your guests sign a guest waiver at the Aquatic & Fitness Center Reception Desk prior to using the facility.