

## Personal Trainers



**Jerry Kleinman**  
860-617-1161



**Mandy Ivory**  
860-933-4852



**Jessica Tracy**  
860-429-3015



**Jodi Farno**  
860-966-0594

## Personal Training Packages

### Body Composition Testing

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

**2-30 minute sessions** - \$60 (initial measurement and 6-week follow-up)

### Functional Movement Screen

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

**2-30 minute sessions** - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

Sign up for a 4 visit package (initial measurement, exercise, follow-up, re-test) \$99

### Nutrition Counseling

Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

**2- 30 minute sessions** - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take)

## Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours. This class is mandatory for use of the fitness center by this age group.

**Instructor:** Mansfield Community Center Personal Trainers

**Day:** **210090-A**, Friday, Sept. 18  
**210090-B**, Saturday, Oct. 17  
**210090-C**, Sunday, Nov. 8

**Time:** 5-6:30 p.m.

**Fee:** \$10 per youth/parent pair – members only



## Youth Fitness – Cardiovascular

Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower and indoor track) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth and parent must check in with Fitness Assistant upon arriving on the fitness floor. Only cardiovascular equipment may be used, unless Youth Resistance Training Class has been completed. Orientation to cardiovascular equipment is not mandatory, but strongly suggested. Please ask for help from our Fitness Assistants.

**Days:** Fri., 4 - 9 p.m.; Sat., 3 - 8 p.m.; Sun., 3 - 8 p.m.

**Fee:** FREE! – Members only!



## Health, Fitness and Exercise

Are you trying to get back to being more active, or just starting? This seminar will help to guide you on beginning or enhancing your fitness journey. Information is applicable to people of all ages. Leave with a renewed drive to improve your wellbeing.

**Instructor:** *Jessica Tracy*  
**Location:** CC Community Room  
**Date:** Tues., Sept. 22  
**Time:** 6-7 p.m.  
**Fee:** FREE to members/\$10 for non-members  
**Activity #:** 270091-A

## Naturopathic Medicine and Stress

You can have any number of diagnosed conditions, or none at all. But all of us experience one condition to some extent: stress! It is a constant in our everyday lives and overlays everything that we do. But it doesn't have to take hold of us all the time. Join Fran Storch, N.D., naturopathic physician, to discuss how exercise, healthy nutrition, supplements, and restorative activities can help you with YOUR stress!

**Instructor:** Naturopathic Physician *Fran Storch*  
**Location:** CC Community Room  
**Date:** Wed., Oct. 14  
**Time:** 6:30-8 p.m.  
**Fee:** FREE to Members/\$10 for non-members  
**Activity #:** 270091-B

## Nutrition and Immune Health

Your immune system is your first line of defense against illnesses that come to call. You want to have healthy immune function, white blood cells that know how to fight, and good nutrition to bring it all together. Join Fran Storch, N.D., naturopathic physician, to learn about how you can eat to maximize your immunity!

**Instructor:** Naturopathic Physician *Fran Storch*  
**Location:** CC Community Room  
**Date:** Wed., Nov. 11  
**Time:** 6:30-8 p.m.  
**Fee:** FREE to members/\$10 for non-members  
**Activity #:** 270091-C



## Free Weights vs. Machines, Pros and Cons

This informative seminar will highlight some important points about the differences in using free weights or weight machines.

**Instructor:** *Jerry Kleinman*, Personal Trainer  
**Location:** CC Community Room  
**Date:** Tues., Dec. 8  
**Time:** 5:30-6:30 p.m.  
**Fee:** FREE to members/\$10 for non-members  
**Activity #:** 270091-D



### ...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

### How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

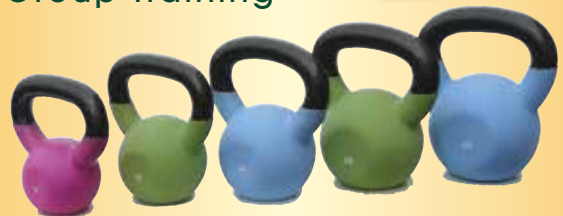
### How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

### What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

- Rehabilitative Needs
- Weight Loss
- Specific Athletic Conditioning
- Challenging Your Fitness Routine
- Motivation
- Group Training



# Fitness Center

Find your perfect fitness class!

**Need a gentle class or have mobility issues?**

Silver Sneakers Classes  
Get Fit Beginners  
Gentle Yoga  
Qigong

**Looking to improve flexibility, range of motion or balance?**

Get Fit Beginners  
Pilates  
QiGong  
Barre  
Yoga  
TRX

**Silver Sneakers classes**

Silver Sneakers Classic  
Silver Sneakers Circuit  
Silver Sneakers Yoga

**Fun and Challenging**

Kettlebells  
Bootcamp  
Salsa Fit  
Spin  
HIIT  
TRX

**Prefer a water class?**

Water Fitness  
Aqua Therapy

**Looking for Cardio?**

Cardio barre  
Kettlebells  
Salsa Fit  
Spin

**Build Strength & Endurance with:**

Functional Strength  
Kettlebells  
Bootcamp  
HIIT  
TRX

**NEW!**

Get Fit Beginner Series  
HIIT

**V**

Yoga and Core Express  
Silver Sneakers Classes  
Cardio Barre  
Bootcamp  
QiGong  
Pilates

We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!



## Class descriptions

CLASS	DESCRIPTION
<b>Spin</b>	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
<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>Get Fit Beginner Series</b>	Are you ready to commit to your wellness but don't know where to begin? This comprehensive wellness education and exercise program is just the right place to start. Together with your instructor, you will take a personal wellness inventory, set realistic goals and learn about how important nutrition, habits, movement and mindfulness are to every wellness regimen. Then, through careful instruction, you'll explore facets of stretching, balance, gentle cardio and strength, as well as yoga and aquatic offerings.
<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>Yin/Yang</b>	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
<b>Gentle Yoga</b>	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
<b>Corefusion</b>	A class combining the fundamental movements of both Pilates & yoga. Emphasis on breath work and core strength.
<b>HIIT</b>	High Intensity Interval Training is a training technique in which you give all-out 100% effort through quick intense bursts of exercise followed by short, sometimes active recovery periods. HIIT gets and keeps your heart rate up and burns more fat in less time through an overall increased metabolic rate.
<b>Therapy Ball</b>	Interested in learning self-care that you can do at home? In this class you will learn techniques to find your body's blind spots. You will learn how to locate and release tight muscles and tissues caused by common postural habits, work positions and old injuries. Using various therapy balls and targeting breath, you will release stress and tension held in the body. Therapy Balls are provided in class, but you may choose to bring your own if you have them.
<b>Pilates Level 2</b>	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. <b>Pre-requisite:</b> 6 months of former Pilates or permission from instructor.
<b>Pilates with Props</b>	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down position. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's care should not attend.
<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.

# Fitness Center

## Class descriptions

CLASS	DESCRIPTION
<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 <b>FREE</b> 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, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is <b>FREE</b> for SilverSneakers members.
<b>Silver Sneakers Classic</b>	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is <b>FREE</b> for SilverSneakers members.
<b>Kettlebells</b>	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. <b>Pre-req:</b> Kettlebells Basics or instructor permission required.
<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>Functional Strength</b>	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
<b>TRX</b>	Learn to use this equipment to challenge yourself in new ways! This class is offered in both half hour and hour long formats and will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
<b>Introduction to Qigong and Balancing the Body's Energy</b>	The cornerstone of Traditional Chinese Medicine is seeking balance in the body's energy system and eliminating excesses, deficiencies and stagnation. This class will include Qigong fundamentals and an overview of the body's energy systems and use these frameworks to aid in better understanding how energy balancing works. Learn simple stance, movement and breathing techniques to help balance your body's energy for improved health and emotional balance. Come away with several simple exercises to help balance your Qi (life force energy) and a sense of how Qigong can play a role in your long term health and well-being.
<b>Qigong for Organ Cleansing and Clearing Toxins</b>	This class builds on the Introductory class, works more with the 12 primary channels and introduces the Five Element Theory and its consideration in health and healing. We'll use this framework as an aid to understanding how sound, movement, breath and intention can be used to tonify and detoxify our body's organs. Learn simple stance, movement, breathing and focused intention techniques to cleanse and detoxify the organs to improve your long term health and well being.
<b>Water Fitness</b>	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
<b>Aqua Therapy</b>	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.

LET'S WORK TOGETHER!

# HEALTH CARE PROFESSIONALS

Are you looking for a fitness facility to refer your patients to for a continuum of care?  
Or are you looking to provide health information sessions?

CONTACT US TO LEARN HOW WE CAN WORK TOGETHER.  
JESSICA TRACY  
RECREATION SUPERVISOR  
HEALTH & FITNESS

tracyja@mansfieldct.org  
(860) 429-3015 x6202



*Missing your favorite class or instructor on our schedule?*

This fall we are working to continually bring you the best programs you have come to know and love. Some of these programs will show an instructor as TBA, or the class may be completely missing from the schedule.

Be assured, we are working to fill those gaps and will make sure to post any updates to our website and Facebook page.

If you or someone you know is a certified instructor looking to teach a fun, safe class for MCC, please go complete an application at [mansfieldct.gov/jobs](http://mansfieldct.gov/jobs)

## Track Distances

Inside lane—19 laps = 1 mile  
Outside lane—17.2 laps = 1 mile



**Please note—**parents must run or walk beside their children at all times and follow all posted policies regarding use of the track.

## Family Track Hours

Mon, Tues, Wed,  
Thurs, Fri:  
1-9 pm  
Sat 12-8 pm  
Sun 12-8 pm



## NEW to Fitness or our Facility?

### Try our free "STARTING STRONG" Program!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 200.

