



Pepperell Recreation

News Letter Winter Session 2019

January, February and March



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See the website for class times and printable registration forms

Check out the website: <http://town.pepperell.ma.us/278/Recreation>

The Community Center is available for Private Rentals

***SAVE THE DATE: APRIL 13, 2019 EASTER BUNNY BREAKFAST ***

New Class!!!

Dance - Saturday

Come and join us to create self-expression, to bring life to the body and soul by feeling the beat of the music. Allow the body to hop, skip, jump, swing your hips from side to side and move to the music. Release the innate feeling of joy, power, freedom and grace. Renew the spirit, connect mind, body and soul. Dance to the classic greats. The playlist will be upbeat tunes from the classic's collections of old times. Discover how much fun it can be to move your body to classic greatest hits. Wear comfortable clothing and shoes.

Instructor: Rose Follet

7pm – 9pm

Classes are \$10 per person or \$15 per couple

Yoga

Monday (am) and Wednesday (pm)

Come learn the centering and calming benefits of yoga. You'll learn the complete cycle of Sun Salutation, foundational warm-ups, breathing exercises, asanas or poses which lengthen and strengthen the body. Please bring a yoga mat.

Instructor: Elise Mueller

Monday \$96, Wed \$104 /session

Vinyasa Flow Yoga

Thursday

A total body fitness based approach to yoga. We will focus on linking our conscious breath, with a vigorous and mindful flow. Students will build strength, flexibility, balance and concentration while cleansing the body and calming the mind. This class begins with breathing exercises and a warm up and ends with a cool down and a brief meditation. Come as you are, work up a sweat and leave feeling relaxed and centered. All fitness levels are welcome please bring a yoga mat.

Instructor Meagan E

Cost: \$10/ class

Hatha Yoga

Monday PM

Hatha yoga, a strong steady flow from posture to posture with focus on strength, openness, stillness, awareness and breath. Poses are held in order to increase balance, flexibility and proper alignment. With a slower pace and options to modify poses, this is a great class for beginners and yogis of all levels.

Instructor Meagan E

Cost: \$10/ class

Gentle Morning Flow

Friday AM

Come wake up your body, settle your mind and find your breath. Ease into postures with mindfulness and intention as you increase your flexibility, strength and balance. This class is appropriate for most levels, as it provides a softer, nurturing, restorative and relaxing pace. You're encouraged to bring any props you like, including blocks, straps, bolsters and blankets to enhance your practice. This gentle flow will set a positive and energizing tone for the rest of your day

Instructor Meagan E

Cost: \$10/ class

Cardio Kick-n-Tone -

Thursday (am)

This 90 minute class includes 45 minutes of kickboxing, burning calories and increasing cardio endurance. The next 45 minutes consists of total body toning using weights, tubes and a core ball to tone muscle and increase resting metabolism.

Instructor: Elise Mueller

Cost \$156/session

Yoga Core Fusion

Saturday (am)

This is a one hour yoga class which combines traditional yoga moves with core exercises. As we flow from one pose to another you will be working on strengthening and stretching every muscle with special attention to the core, ending the class with a final relaxation that will relax and re-energize you for the day ahead. All fitness levels are welcome please bring a yoga mat.

Instructor: Elise Mueller

Cost: \$104/session

Yoga Core

Wednesday (pm) and Friday (am)

Using yoga moves and a core ball this one hour class works the whole body especially the core. This class is great for anyone wanting to increase all around strength and improve balance for such activities like cycling and everyday functional activities. Please bring a yoga mat.

Instructor: Elise Mueller

Wed \$104, Fri \$104/Session

Stretch

Monday/Tuesday/Wednesday / Thursday

Stretch description: This class will gently stretch your body from head to toe. Set

to relaxing music, the goal is to increase flexibility and leave your body feeling rejuvenated. Instructor: Janine Myers, Session Mon PM \$80 Tues AM \$96 Wed AM \$104 Thurs PM \$104/Session

Barre w/Pilates –

Tuesday / Thursday

This class combines work at the Barre with Pilates mat work. It will focus on the glutes and hamstrings as well as strengthening the core to sculpt a long lean body and a tight tush.

Instructor: Janine Myers,

Tues \$96 Thur AM \$104/ Session

Pilates –

Friday*

The routine will lengthen and tone your muscles, improve strength, flexibility, balance and stamina. It will develop your body as it shapes and tones each muscle.

Instructor: Janine Myers,

Session Cost: Friday PM class will alternate with Strong

Strong by Zumba –

Tuesday /Friday

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been

specifically designed to match every single move.

Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

In a one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Instructor: Janine Myers, Tues AM \$96, PM \$96, Fri \$104/Session

Zumba/Tone

Monday/Wednesday/

Thursday/ Saturday

Join us for the Latin-inspired, easy-to-follow, calorie-burning, dance fitness-party. Feel the music and let loose for this 45 minute class.

Zumba Toning takes regular Zumba to a new level as it incorporates light weight, maraca-like toning sticks to enhance your workout and tone your body.

Instructor: Janine Myers, Mon AM \$88, PM \$80 Wed AM \$104, Thurs PM \$104, Sat \$88 / session



Quilting

Tuesday

Come make some new friends and quilt too! We will have a class project or bring what you are working on! Bring project you need help with. Come work in the company of other quilters and use our cutting tables and irons. You will need to bring a machine, tools and quilting supplies. It's always fun to see what others are doing. See website for projects and materials required.

Instructor: Maria DeMarco

Cost: \$12/class/day

Archery:

Monday 4 week Sessions,

This course designed for all levels with focus on archery safety, skills, and drills. Participants will learn about archery form, range rules and etiquette. Students will also learn bow functions, bow and arrow safety and aspects of arrow flight. Students will be introduced to Indoor Tournament shooting, while at the same time tracking their own progress. This class is open to students ages 5 and up, everyone is welcome. Dana White is a Level II Certified Instructor with the National Archery Association (NAA),

and National Field Archer Association (NFAA) to meet the qualifications of all course demands. Instructor: Dana White \$50/4 week see website for session dates

Creative Dance and Yoga for Children

(Preschool Ages 4*,K and Gr1) 45 minute class

Discover new ways of moving as you explore the elements of dance, build a movement vocabulary, and develop basic motor and locomotor skills. Through the magic of dance you will enjoy moving to music from around the world, dancing with colorful props, and dancing to stories and poems as you create your own dances. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind and spirit. *should be age 4 as of 9/1/18 and ready to be in a class on their own Instructor: Jennifer McGowan \$108 per session

Family Dance and Yoga

(Ages 2-4 with Parent/Caregiver) 45 minute class

Enjoy singing and dancing and playing together! Movement is an essential part of learning. Age appropriate skills are taught

to a variety of music. Creative dance activities emphasize the fun and excitement of discovering the world through movement. Learn movement activities and yoga poses that can be explored at home. Instructor: Jennifer McGowan \$72 per Session

Creative Dance and Yoga (Grades 2-6) 1 hour class

Dance skills and vocabulary are taught with an emphasis on body awareness and confidence in movement. Create beautiful improvisational dances as you learn and explore the tools of dance – technique, design, rhythm, flow, and creativity. In addition, you will develop music appreciation as you dance to the many musical rhythms, learn problem-solving skills, and create solo and group dances expressing the uniqueness of each dancer. Yoga postures and stories and relaxation techniques are integrated into the class to connect body, mind, and spirit. Instructor: Jennifer McGowan \$121.50 per session