



Class/Event Descriptions

Our 5th annual “Do a 180, MOVE!” program is awesome this year, with over 150 classes/activities hosted by 18 CT River Valley Chamber of Commerce member businesses. We are grateful to all of them for their time and generosity to promote Health & Wellness in our great communities!

Note: Highlighted classes do not count toward your 10 class limit.

Anytime Fitness

2838 Main St, Glastonbury, CT 06033

(860) 430-5308

www.anytimefitness.com/gyms/2909/glastonbury-ct-06033

Outdoor Bootcamp: This class is weather permitting. This 60 minute workout combines strength & cardio exercises to push you and prepare your body for everything. From circuit training to interval training, this class has everything! Best of all, it’s always different to keep your body guessing. You will “enjoy” a full body workout, in circuit format involving weights, body weight, ropes and kettle bells.

Arthur Murray Dance Studio

39 New London Turnpike, Glastonbury, CT 06033

(860) 659-3161

www.amgdance.com

Latin Blast: Get ready to work your hips and dance your favorite Latin dances in our fast, fun and easy Latin Blast class. No partner is needed. We’re looking forward to dancing with you.

Designed Training

256 Oakwood Drive, Glastonbury, CT 06033

(860) 430-2600

www.designedtraining.com

Barre: 50 minutes to an hour of a full body sculpting workout; emphasizing core and long lean muscles. This class utilizes the ballet bar, Pilates balls, resistance bands, glider discs and light hand weights.

Chamber Walkers (with Glastonbury YMCA & Chiroworks)

Walking Group: Want to move but don't know where to start? Start from the beginning! We are going to be walking for an hour, twice a week starting/finishing at the CT River Valley Chamber of Commerce (2400 Main Street, Glastonbury). If you are intimidated to start an exercise program, or just want to walk with a fun group, this may be exactly what you need. It's a great opportunity to get outside, have some fun, and get your body moving!

East Hartford YMCA

770 Main Street

East Hartford, CT 06108

(860) 289-6612

www.ghymca.org/branch.cfm?bid=02

Healthy Kids Day: The YMCA of Greater Hartford is proud to present Healthy Kids Day (April 21st from 10:00 am to 1:00 pm)! This free event celebrates family togetherness while promoting healthy, fun activities for all ages. This year's celebration includes free healthy snacks, family zumba, Ju-jitsu demonstration, Bounce House and EH K-9 dog demonstration. Vendors are welcome.

Zumba: Take the work out of your workout and join our Zumba fitness class. Zumba offers engaging cardio-oriented exercises in a fun, dance party atmosphere with a community of welcoming fellow participants that will easily help you feel like you're part of the family. Join the party today!

Elite Karate & Krav Maga

1005 Hebron Ave

Glastonbury CT

860-430-6630

www.elitekaratect.com

My Fit Defense: An evolution in fitness that Kicks Butt! This class is an exciting combination of kickboxing, body resistance exercises and Kick-Butt simplified self-defense moves that get you in great shape fast and feeling unstoppable! For men & women of all fitness levels.

My Fit Defense - Woman's Hands Off Workshop: The MFD "Hands Off!" Women's Self Defense Workshop offers women more than just learning how to defend against violent attacks. The "Hands Off!" workshop incorporates, in addition to the self defense training, a challenging fitness routine and inspirational and motivating narrated music track to create a complete empowering experience. This fast-paced 60 minute workshop offers the physical and mental benefits of learning effective self defense moves and the invigorating feeling of completing a challenging body-weight fitness workout. *The beginning of creating a habit of empowerment for a strong self-confidence and positive self-image.*

Empowered Indoor Cycling Studio

345 New London Tpke #1A, Glastonbury, CT 06033

(860) 430-2170

www.empoweredstudio.com

Empowered Ride: Signature ride focuses on a variety of metrics from Revolutions Per Minute to Speed to Power, this class is designed to make you work. Hard. From endurance, aerobic conditioning, power building and more, this class will hit you with a combination of just about everything Empowered offers.

Happy Hour Ride: This calorie-torcing class will get you pumped up for the weekend! Make it a no-shower happy hour (hey, you earned it) and join the pack for a cocktail at an 06033 establishment.

HIIT Ride: This ride incorporates high-intensity intervals. Typical intervals are 20 seconds of high intensity (red zone) followed by 10 seconds of recovery (blue zone) repeated for four minutes, one-minute rest and repeat.

Fred Astaire Dance Studio

2928 Main St, Glastonbury, CT 06033

(860) 657-9186

www.fredastaire.com

Intro to Salsa: Learn to dance the Salsa, a popular Latin dance, with our talented, encouraging instructors. Join us on the dance floor to experience the passion, energy, and joy of Salsa!

Fuller Yoga

2450 Main St, Glastonbury, CT 06033

(860) 430-9642

www.fulleryoga.com

Beginner Mat Pilates: Reduce back pain, increase range of motion and develop a strong core by using the Pilates principles of Breathing, Control, Concentration, Flow, Precision, and Stabilization. This class will teach you fundamental Pilates exercises that when done correctly will reshape your body, enhance your posture and have a profound effect on your energy levels. All exercises are done on a mat and small props will be used.

Beginner Yoga: In the beginner class you will learn fundamentals of yoga postures that will result in greater flexibility, body awareness and strength. Basic asanas (postures) and pranayama (breathing) will be taught to assist you in relieving stress and tension in both the body and the mind. Through regular attendance students tend to experience greater flexibility, improved circulation, reduced pain in

muscles and joints, and a sense of relaxation that carries into other areas of their lives. The postures will consist of standing, seated, and supine positions.

Gentle Yoga: Easily reduce stress and tension in your body with this slow moving class that deeply stretches common problem areas such as low back, hips and shoulders. We will encourage deep breathing and mindfulness reflection toward sensations in the body. You will do various postures that are supine, prone, on your hands and knees or side-lying.

Heated Power Yoga: Expect to work up a sweat with this powerful yoga class practiced in a heated room (85-90°) that uses deep core work and basic to advanced standing postures to heat up the hips, lower back and shoulder muscles. You will hold standing postures longer and repeat postures to increase mobility. After the body is open, you can expect to practice the higher level yoga postures such as arm balances, back bends and inversions.

Restorative Yoga: This therapeutic style of yoga is often called “Active Relaxation” which uses props to support the body while keeping it active with minimal movement in a relaxed, meditative state. These poses are used to trigger the parasympathetic nervous system, which is responsible for balancing the body. The postures are specifically designed for when you are feeling fatigued, weak, stressed from daily life or when you just want to experience stillness. They are equally beneficial to alleviate depression, reduce chronic pain, migraines and the symptoms of insomnia, asthma and to help recover from childbirth.

Glastonbury Family YMCA

95 Oakwood Drive, Glastonbury, CT 06033

(860) 633-6548

www.ghymca.org/branch.cfm?bid=04

Healthy Kids Day: The YMCA of Greater Hartford is proud to present Healthy Kids Day (April 21st from 10:00 am to 12:00 pm)! This free event celebrates family togetherness while promoting healthy, fun activities for all ages. This year’s celebration includes face painting, a bounce house, plating vegetables and New York Life will have child ID kits! There will also be Kid’s Yoga at 10:00 am. **Event Location:** Glastonbury Family YMCA, 95 Oakwood Drive

Y Zumba®: Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Columbian word meaning to move fast and have fun. 😊

Glastonbury Hills Country Club

239 Country Club Road, South Glastonbury, CT 06073

(860) 633-5253

www.glastonburyhills.com

Golf Clinic: Experience a beginner golf clinic that will enhance your ability and understanding of the game of golf.

Glastonbury Tennis Club

228 Oak St, Glastonbury, CT 06033

(860) 659-3731

www.glastonburytennis.com

Tennis Clinics: This is an awesome opportunity for MOVE participants for a fun, active tennis clinic. Choose from Beginner or Intermediate level. Instruction provided by Glastonbury Tennis Club's head pro. Come to Play!

Healthtrax Fitness & Wellness

622 Hebron Ave #200, Glastonbury, CT 06033

(860) 652-7066

www.healthtrax.com

Aqua Zumba: Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Cycle 60: This cycling class utilizes high energy music and a motivating, non-competitive group environment to create a stronger, leaner body. No complicated moves and low impact pedaling allows anyone who can ride a bike to burn calories and have fun.

Group Active: GET ACTIVE and get more out of life! Group Active® gives you all the fitness training you need – cardio, strength, balance, and flexibility – in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. ACTIVATE YOUR LIFE with Group Active!

Group Blast: BLAST OFF your workout with 60 minutes of cardio training that uses The STEP® in highly effective, athletic ways. Group Blast® will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

Group Centergy: Redefine yourself with Group Centergy. Grow longer and stronger in this 60 minute workout. Group Centergy incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Take the time to center your energy with Group Centergy.

Group Fight: Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

Group Groove: IF YOU CAN MOVE, YOU CAN GROOVE! Sweat with a smile during your energizing hour of dance fitness. Group Groove® is a sizzling cardio experience that is a fusion of club, urban and Latin dance styles set to the hottest current hits and the best dance songs ever produced! Join the party and GET A MOVE ON!

Group Power: Group Power® is YOUR HOUR OF POWER! Blast all your muscles with this high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! POWER UP!

Ride 30 Cycle: This class will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. Everyone finishes first!

missionFITNESS

80 Commerce St, Glastonbury, CT 06033

(860) 657-8608

www.missionfitnessllc.com

Bootcamp: Every Bootcamp class at mission FITNESS is unique, with the spirit of teamwork and group support. We incorporate the most innovative training techniques to challenge you physically and mentally while working every muscle in your body. By rapidly moving from exercise to exercise with little rest in between, you tone and firm muscles while getting a solid cardiovascular workout at the same time. All fitness levels are welcome, as you are encouraged to go at your own pace. Come find out why our BootcampER's can't get enough!

Cardio Boxing: Experience the strength, conditioning, and endurance of a boxer! This high-energy class incorporates moves and techniques of boxing with basic punches, footwork and movement patterns. Sport-specific to boxing, you will also experience plyometric conditioning that is guaranteed to challenge your cardiovascular endurance.

Orangetheory Fitness

27 Welles St, Glastonbury, CT 06033

(860) 856-5807

www.glastonbury.orangetheoryfitness.com

Full Body Workout: MORE LIFE: We all want more. More energy. More strength. More results. Orangetheory is designed to give you that, and more. Our workout changes you at the cellular level, and is scientifically proven to give you a longer, more vibrant life. BACKED BY SCIENCE: Our heart-rate monitored, high-intensity workout is scientifically designed to keep heart rates in a target zone that spikes metabolism and boosts your energy. We call it the afterburn.

Sacred Rivers Yoga

28 Main St, East Hartford, CT 06118 (Glastonbury Line)

(860) 657-9545

www.sacredriversyoga.com

Ashtanga Yoga: Developed by Sri K. Pattabhi Jois, Ashtanga yoga is the asana system that synchronizes breath and movement. Each posture has an inhale or exhale connected with the posture itself, or the transition from one posture to the next. The focus on the breath allows this practice to create a hot, detoxifying, deep and meditative practice. Ashtanga follows a set sequence of postures over a number of series. The Primary Series (first series) combines standing and seated postures designed to ground and calm. This class focuses mainly on the primary series, and may occasionally include a few second series postures. This practice is very athletic and strong, but can be modified for beginners or people recovering from injury.

ShopRite

31 Main Street, East Hartford, CT 06118 (Glastonbury Line)

(860) 895-8390

www.shoprite.com/pd/stores/CT/East-Hartford/ShopRite-of-East-Hartford/6CF33992

Nutrition Walk: ShopRite of East Hartford's Dietitian, Lindsey, will be holding a healthy eating shopping tour. Get some exercise in for the day as you walk throughout the store reading labels and identifying healthy choices around the perimeter and in the aisles!

soundRUNNER

63 Hebron Ave., Glastonbury, CT 06033

(860) 430-6712

www.soundrunner.com

Fun Run & Happy Hour: Join us for a fun, safe run around town and make some new running friends along the way! We'll celebrate with a happy hour at one of our favorite local spots nearby!

CELEBRATION EVENT

Location TBD

Do a 180, MOVE! will close out with a celebration event, where we'll draw winners from those that completed their 10 classes and turn in their verified punch card. Come visit participating hosts and enjoy a light snack & beverage.