

THERAPY POOL

Our therapy pool is between 92-94 degrees and has two main functions: therapeutic use and family use. The pool is only closed during the scheduled fitness classes and swim lessons. During family use, children can accompany their parents into the pool, otherwise during therapy use the pool is available for patrons to utilize at their own pace.

<u>Day/Time</u>	<u>Location</u>
Varies weekly check schedule	MCC TherapyPool

LAP SWIM

Our 6-lane, 25-yard main pool is 80-84 degrees and almost always open for your use. Lap swimming is intended for fitness and requires continuous movement with appropriate swimming strokes at your own pace. During general swim time guests should feel free to use the space to swim leisurely or recreationally.

<u>Day/Time</u>	<u>Location</u>
Varies weekly check schedule	MCC Main Pool

TRACK WALKING

Need a little motivation to work out? Always wanted to explore all the trails Mansfield has to offer? Head to our indoor track for some steps and motivation. Pick up a distance tracker at the Fitness Desk and track your progress towards walking the length of all of the Mansfield Parks Trails. Great for inclement weather days! Nineteen laps on the inside walking lane is equivalent to one mile.

<u>Days</u>	<u>Time</u>	<u>Location</u>
Every Day	All open facility hours	MCC Track

About Us

Mansfield's home for family, fitness and fun. We offer offers a 6-lane lap pool, warm water therapy pool, gymnasium, indoor walking/jogging track, fitness center with latest cardiovascular and strength equipment, teen center, and a variety of popular exercise classes. All towns welcome!

Contact Us

Phone: [860-429-3015]

Web: [www.MansfieldCC.com]

Follow us on Facebook or Instagram to see weekly fitness tips and information about what's happening at the

Mansfield Community Center!

Facebook: Mansfield Community Center

Instagram: Mansfieldcommunitycenter



FITNESS
FOR 55+

[Mansfield Community Center]



10 South Eagleville Road
Mansfield, CT 06268
(860)429-3015
Mansfieldcc.com

PICKLEBALL

Pickleball is a game resembling tennis in which players use paddles to hit a perforated plastic ball over a net in order to score points against opponents. Ever-growing at the Mansfield Community Center we have scheduled Pickleball times available.



VIRTUAL FITNESS

Not ready to return to the Mansfield Community Center in person? We are offering virtual fitness programming. These programs are available via zoom from the comfort and safety of your own home. Upon registration you receive an emailed list of instructions as well as the class code and password. You will also receive tips on equipment or alternatives to have available as well as how to get the most out of your virtual experience.

Day/Time

Vary by season and class, check the fitness block schedule in the center of our brochures.

PERSONAL TRAINING

Little or no membership payments may present an opportunity to invest in a fitness program that fits your lifestyle, your preferences, and your body. With 5 certified personal trainers on staff, each with their own area of expertise. Whatever your health and fitness goals may be, we can help. Fill out a personal training request form at the Reception Desk, or online to get started.

FITNESS CLASSES

Each session we have a variety of new fitness programs available for the community to take. Whether you prefer a challenging yoga class or love to spin, work your muscles with TRX or practice Tai Chi, signing up for a full session of classes is the most cost effective way to enjoy those activities. Members receive 50% off the non-member price of these classes. Can't commit to a consistent schedule or want to try a few different classes? The Fitness Flex pass might be right for you; we have 15 and 25 class passes available.

Day/Time/Location

Vary by season and class, check the fitness block schedule in the center of our brochures.

Classes include but are not limited to:

Silver Sneakers Offerings:

Silver Sneakers Yoga: Move your whole body through a complete series of seated and standing yoga poses. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity. A chair is available for support if needed.

Silver Sneakers Circuit: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. It includes an upper body workout with a variety of equipment alternating with low-impact aerobics choreography as well as stretching and relaxation exercises. A chair is available for support if needed.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises and equipment designed to increase muscular strength, range of movement and activities for daily living. A chair is available for support if needed.

See website or current brochure for more classes and schedules including these below:

Gentle Yoga: 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.

Water Fitness: A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!

Get Fit Beginner Series: 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

STARTING STRONG MINI

Starting Strong is a free fitness center orientation offered to all new members. Learn what each machine does, how it works, and how to get yourself going. Schedule a time at your convenience at the Reception Desk and we'll set you up with a time to meet 1-on-1 with a Fitness Attendant. Orientation will take approximately 20 minutes.

For appointments: (860)429-3015 x6200

Day/Time

By appointment

Location

MCC
Fitness Center