

Fall 2023-Winter 2024 Adult Program Descriptions

Zumba with Laura Buono - As the saying goes, ditch the workout and join the party! You don't have to have any special coordination to join this friendly dance fitness party featuring an energizing playlist plus, you can set your own intensity level based on your personal abilities. The Latin inspired dance moves, matched up with great music, will make you forget that this is exercise but don't be fooled, you'll be burning all sorts of calories and will always leave with a smile on your face!

Advanced Conversation French with Lise Blais -Students registering for this course will continue to develop their knowledge of reading, writing, listening and speaking in French. Advanced conversation group will discuss new topics each week.

Intermediate French with Lise Blais-This class is for advanced beginners who would like to improve speaking and writing skills. Some basic knowledge of French grammar is needed.

Beginner French with Lise Blais - Introduction to French language via vocabulary and basic grammar. Practical language usage will be practiced during class. No background in French necessary.

Trails & Ales with Linden Rayton- Concord Parks & Recreation is excited to offer another session of the Trails & Ales series. This Fall's session will be led by nature enthusiast and educator, Linden Rayton. Linden will guide participants along some of the amazing trails here in Concord followed by a tasty beverage at Litherman's.

Participants can register for the entire series or individual sessions. Participants are responsible for their own transportation to the trails and the brewery.

- **Oct 26- Batchelder Mill Trails** (from Shawmut Rd. side). We'll check out the beautiful Mill Brook, look for wildlife from the viewing platform and explore the mill history of this special property.
- **Nov 2- Contocook River Park Trails**. Enjoy a sunset wood walk along the Contocook River. We'll watch for herons and other water-loving wildlife and check out what's left of the foliage.
- **Nov 16- Jim Hill Riverwalk**. Stargazing is the focus tonight- we'll take advantage of the early darkness to catch our night sky as the stars change from summer to winter constellations. Bring a headlamp to keep in reserve and dress to stay warm while standing still.

Zumba Gold with Mitzi Calderon- Zumba Gold is the perfect class for older adults, Zumba beginners, fitness newbies and anyone else that may need modified exercise. The design of the class introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination. No dance experience necessary, just come and join the FUN!

Zumba Toning with Heidi- A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility and boosted energy. Class starts with adding resistance by using Zumba® Toning Sticks (or light weights) which helps you focus on specific muscle groups, so you and your muscles stay engaged! End class with an interval-style, calorie-burning dance fitness party.

Vinyasa Flow with Brigid -This class offers a vinyasa flow from one posture to the next connecting the movement with the breath. Students will move through a variety of postures throughout the practice focusing on developing strength, flexibility and balance. The practice of controlled breath connected with movement is the foundation of a mind body connection which leads to stress reduction and improved movement.

Basic -Advanced Dog Obedience- This eight-week obedience course will teach you and your dog to heel on your left side on a loose leash, sit and down on a single command and hold that position when you walk away, and come when called when on a long line. Your dog will also learn to hold a stand when examined by others and to “out” or leave distractions when requested. For handlers and their dogs that have completed an introductory, basic obedience this course will build on the skills taught in the basic course. Handlers and their dogs will further refine their skills in heeling and automatic sits, sit-stays and down-stays on command and at a distance, and holding the sit and down-stays for extended periods of time in more distracting environments. Dogs and their handlers will learn to work reliably in public areas. Graduates of this advanced course should be ready to test for the United Kennel Club Specialized Pet Obedience Test

- A 6-foot leash, leather or nylon, of suitable thickness for your dog’s weight.
- A 15-foot-long line, generally nylon (this is going to get dirty), of suitable thickness for your dog’s weight.

Yoga for Backs with Nancy - Do you have back problems? Have you tried yoga to help your back? Yoga for Backs is a medically based yoga class specifically designed to improve back pain and function, and prevent future back injuries. This class is for individuals currently experiencing chronic mild to moderate back pain and other spine-related problems. It is also for anyone looking to continue the benefits of a previous back surgery or physical therapy program. These back and neck care classes are for people with chronic back and/or neck injuries or for injuries past the immediate acute phase. They offer a comprehensive, progressive, safe and effective approach to back and neck healing.

Yoga for MS with Nancy- If you have MS this yoga class is for you. The on-going class teaching style considers any balance, muscle stiffness and fatigue you may be experiencing that can be common with MS. We work in a chair or with mats to provide the best learning environment for you on the day of the class. Although this is a class setting, the work is very individual and you get the special attention you need to get the most benefit.

Note: If you are new to the class, please contact me first to make sure this class is appropriate for you.

Yoga for Arthritis with Nancy - This class is for those experiencing arthritis who would like to learn ways to keep moving and helping your joints, while enjoying the company of others in the class.