

Washington Parks & Recreation

Invites you to a 5-week **FREE** Health Initiative so you can make a positive change in 2017!

HEALTHY HABITS with CLAIRE KETCHUM

Thursday January 12th

We kick off with Certified Health Coach Claire Ketchum helping us to create healthy habits. Claire will introduce you to the 5 steps to create permanent habit change so you can master your habits, take back control, reach your goals and achieve lasting results!

Join us at 7pm at Bryan Memorial Town Hall in Washington.

GET FIT! with MELISSA EVANS

Thursday January 19th

Melissa Evans will be holding a GET FIT class! These classes are a combination of cardio and strength training techniques. It is geared to give the individual tools they can use for at home workouts as well as in the class. Modifications are available to fit the needs of all levels and tailored to the individual.

The most important aspect of the class is the sense of community and support of one and another. We all have different goals and different time frames to meet those goals.

Good music. Good friends. A good sweat. A lot of laughs. There is nothing better than building a group who supports each other in meeting their personal health goals. Together we achieve success and celebrate what we have earned through hard work and commitment.

Light weights (2lbs-12lbs), a yoga mat, and water are recommended.

Join us at 7pm at Bryan Memorial Town Hall in Washington.

YOGA with ANNE HUNGERFORD

Tuesday January 24th

Anne Hungerford invites us to her yoga studio for an evening of Hatha Yoga. This yoga session will be suitable for all levels. No experience is necessary. Mats and everything you need will be provided. Enjoy putting your body through a range of motion that will loosen you up and help you feel stronger and more supple. Learn correct stretching and breathing techniques. All of this will be followed by deep relaxation and guided meditation to help you release stress! After Class, plenty of time for questions and answers about yoga and it's many health benefits.

Join us at 7pm at ahYoga Studio, 168 New Milford Turnpike, New Preston, CT 06777

BOOTCAMP with DEB ANDREWS

Thursday February 2nd

Our Bootcamp Family is comprised of members of our community coming from all walks of life and fitness abilities meeting up regularly Tuesday and Thursday mornings 5:45 am with common purpose....share our positives, develop our bodies and minds through variety and challenge, leave with a better mindset to pay it forward! Deb Andrews our Boot Camp Instructor will be having an interactive session on using what you learned about fitness and fuel! Her program is about application, developing a committed community and being grateful in the process!

Join us at 7pm at Bryan Memorial Town Hall!

TAI CHI with JAMPA STEWART

Thursday February 9th

Jampa Stewart will help us develop physical and mental fitness and find a new harmony of the mind, body and spirit using this ancient Chinese art. Starting with basic movements, warm-up techniques and breathing exercises, you will learn a set of flowing natural movements done slowly with calmness, balance and awareness.

Join us at 7pm at VALLEY SPIRIT, 6 Green Hill Road, Washington Depot, CT 06794 at 7PM