

Adult Programs

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Introduction to Brazilian Jiu Jitsu

Brazilian Jiu Jitsu (BJJ) is a unique grappling martial art/sport. Students learn self-defense and benefit from workouts that build core strength and cardio endurance. The goal of a BJJ match is to gain positional advantage and apply a hold that forces a submission from one player. BJJ endorses that a smaller person can defend themselves on the ground against a larger, stronger opponent when using leverage and good technique. This course meets once per week for 6 weeks and is for men and women of all ages. A training uniform (gi) is required and can be purchased through the instructor at the cost of \$65.00.

Location: GB Martial Arts, 160 Oak Street, Unit 210, Glastonbury, CT 06033

Instructor: Staff - Jeff Giroux

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	W	6:30-8:00P	01/25-03/07*	\$66		01

***NO CLASS 02/22**

Pilates

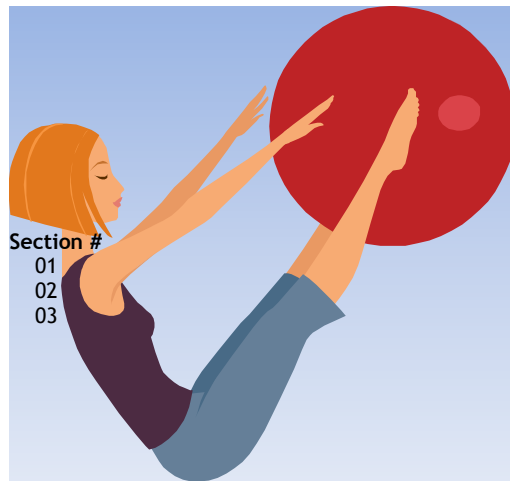
Join Tina Catanzaro, in this dynamic mind/body class. The focus is on core strength and stabilization using the Joseph Pilates method. Please bring a mat, water bottle and towel. Wear comfortable clothing. All are welcome.

Location: Gilead Hill School Activity Room or Music Room

Instructor: Staff - Tina Catanzaro

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	W	6:30-7:15P	02/01-03/14*	\$68	301100	01
Adult	W	6:30-7:15P	03/21-05/02*	\$68	301100	02
Adult	W	6:30-7:15P	05/09-06/13	\$68	301100	03

***NO CLASS 02/22, 04/18**





Yoga (Monday or Wednesday)

Join Tina Catanzaro, (AAFA, AAI certified yoga instructor) as she takes you through a journey of self-exploration. Each class will include breath work, postures, and meditation. Come increase your energy and flexibility while reducing stress. This class will allow you to honor your body, mind and spirit; explore your limits and maximize your potential. Please bring your own yoga mat, water bottle and towel. Wear comfortable clothing. All are welcome.

Location: Gilead Hill School Activity Room or Music Room

Instructor: Staff - Tina Catanzaro

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	M	7:00-8:30P	12/12-02/06*	\$86	301101	00
Adult	M	7:00-8:30P	02/13-03/26*	\$86	301101	01
Adult	M	7:00-8:30P	04/02-05/14*	\$86	301101	02
Adult	W	7:30-8:30P	02/01-03/14*	\$72	301101	03
Adult	W	7:30-8:30P	03/21-05/02*	\$72	301101	04
Adult	W	7:30-8:30P	05/09-06/13	\$72	301101	05

***NO CLASS 12/26, 01/02, 01/16, 02/20, 04/16, 02/22, 04/18**

Zumba

Zumba is an exciting Latin inspired dance n' tone program that blends body sculpting techniques and specific Zumba moves. This challenging workout helps to build coordination. This class is designed to offer a safe, yet effective, total body workout. Wear comfortable clothing. All are welcome.

Location: Gilead Congregational Church

Instructor: Staff - Brian LaRoe

Age	Day	Section #	Time	Date	Fee	Activity #
Adult	Th		7:00-8:00P	01/26-03/15	\$40	301103 00
Adult	Th		7:00-8:00P	03/22-05/17*	\$40	301103 01

***NO CLASS 04/05**



Cardio Fitness

Join Donna for an energetic, upbeat aerobics class that is sure to get you r body moving. A great workout for all fitness level, this class alternates between Hi/Lo Aerobics and toning exercises, for a complete total body workout. The most important part of this class...have fun! Fresh moves to keep your body guessing! Please bring a yoga mat, water and hand weights- 2, 5, 8 lbs. Instructor-Donna Bellmore- BS in Human Development and Family relations, AFAA Fitness Certified and Biggest Loser Pro Certified in the Fall of 2011.

Location: Gilead Hill School Activity Room

Instructor: Donna Bellmore

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	Tu	6:30-7:30P	1/3-1/24	\$20	301104	01
Adult	Tu	6:30-7:30P	1/31-03/28*	\$40	301104	02

NO CLASS 2/21*

All Levels Flow Class

Join Julie Freer for this All Levels Flow Class. Combine breathing with movement to increase strength and flexibility while reducing stress. Modifications are given to accommodate everyone. This class blends clear alignment instruction with an uplifting philosophy that allows each person to grow at their own pace. Julie is a certified Hatha Yoga Instructor, registered with Yoga Alliance.

Location: Gilead Congregational Church

Instructor: Julie Freer

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	M	9:30-10:45A	1/23 - 3/5	\$66	301105	00
Adult	M	9:30-10:45A	3/12 - 4/23	\$66	301105	01
Adult	M	9:30-10:45A	4/30 - 6/11	\$66	301105	03
Adult	Th	9:30-10:45A	1/26 - 3/8	\$66	301105	04
Adult	Th	9:30-10:45A	3/15 - 4/26	\$55	301105	05
Adult	Th	9:30-10:45A	5/3 - 6/7	\$66	301105	06

*NO CLASS 2/20, 2/23, 4/5, 4/16, 4/19, 5/28



Yoga-Stretch & Relax

This class combines gentle yoga with breath work to soothe your nervous system. Calm your body and mind as you learn practical tips to manage stress. With good alignment and healing postures, you will leave feeling relaxed and restored. Please bring a mat, water bottle, and a blanket or towel. Julie is a certified Hatha Yoga Instructor, registered with Yoga Alliance. Her classes blend clear alignment instruction with an uplifting philosophy that allows each person to grow at their own pace.

Location: Gilead Hill School Multipurpose Room

Instructor: Julie Freer

Age	Day	Time	Date	Fee	Activity #	Section #
Adult	Th	7:30-8:30P	1/25 - 3/7	\$66	301106	00
Adult	Th	7:30-8:30P	3/14 - 4/25	\$66	301106	01
Adult	Th	7:30-8:30P	5/2 - 6/6	\$66	301106	02

*NO CLASS 2/22, 4/18