Adult Programs

Virtual Pilates

Pilates is an exercise involving a series of movements, which concentrates on core strength, posture, balance and flexibility. German-born Joseph Pilates, who believed mental and physical health were closely connected, developed Pilates. Focusing your mind, regulating your breathing and making use of internal resistance is a very powerful way to tone the body. Pilates focuses on lengthening and expanding the muscles, allowing them to become longer and leaner. The beauty of Pilates is that anyone, at any age can start!

Instructor Bio: Nancy Ciardullo

Nancy has been practicing Pilates for 17 years. She has been teaching group and private Pilates for 9 years in Redding, Ridgefield and Wilton and is trained in Pilates Stott method and ASFA certified. Nancy’s approach to Pilates incorporates various props to aid in resistance and flexibility for an overall full body sculpt.

Virtual Class information:

Monday p.m. 5-6
Wednesday a.m. 9-10
Wednesday p.m. 5-6

Class fees are $10 a class and can be paid by Venmo or check.

For more information about the classes and/or to register, please contact Nancy at cell for text 203.984.7776 or nancycia@optonline.net
Pickleball returns to RCC

We have been given the OK by the Health Department to resume indoor Pickleball at the Redding Community Center.

You need not have played Pickleball before to sign up. The basics can be explained to you the first day.

Participants must wear masks at all times and sign a waiver acknowledging the rules and risks associated with Pickleball during Covid 19. Our complete program Covid 19 Policies and required waiver are available online.

The basic structure of our Pickleball program will now be the same as most Park and Recreation class offerings rather than as a drop in open gym. The sessions will be of 90 minutes in length. We hope to be able to resume the previous open gym structure at some point in the future as we understand it is much more flexible and economical.

You will need to sign up for all 6 sessions of either the Tuesday classes or the Thursday classes. No credit will be given for missed sessions although if you start midway in a session (it will be prorated). The fee for these sessions are priced as $4 per day for residents and $8 per day for non-residents; These Pickleball sessions are payable in advance only. There is no daily fee option. Residents $24 Non- residents $48

The dates will be extended due to snow days. Another session will likely be offered in mid/late March

ALWAYS call our cancellation line before coming out to see if the weather has caused us to postpone the session. (203) 938-5036 X 3

Program fees, dates and times:

Residents $24 Non- residents $48

Tuesdays :  2/16- 3/23   31010 -1  9:30am-11:00am
          2/16- 3/23   31010 -2  11:15am-12:45pm

Thursdays :  2/11- 3/18   31010 -3  9:30am-11:00am
            2/11- 3/18   31010 -4  11:15am-12:45pm

Sign up online through our website (townofreddingct.org) or through the office. Signed Covid Waivers can be emailed to parkrec@townofreddingct.org, dropped off at our green drop box outside RCC or faxed to (203)938-1071.

Any questions or problems signing up, please contact us at (203) 938-2551 Monday-Thursday 8:30am-5:30pm
Virtual Yoga with Laurie Mayper

Ongoing:

Tuesdays 6-7pm
Yoga for Balance

Wednesdays 9-10am
Gentle Yoga

Thursdays 9:30-10:45am
Yogalates

New:

Mondays 12-1pm
Lunchtime Stress-Relief Yoga (starts Feb. 1)

Thursdays 4:45-5:45pm
Happy Hour Chill Yoga (starts Jan. 28)

Fridays 8:15-9:15am
Wake Up Yoga (starts Jan. 29)

Join virtual yoga from the comfort of your own home or office. All classes are livestreaming via zoom, gentle to moderate intensity, accessible to all levels, and beginner-friendly. Ongoing classes are running; join any time.

New class start dates tentative, subject to sufficient enrollment; formats subject to change based on student requests. New classes will include brief centering, warm-up, seated, mat-lying, standing, balancing poses, and brief relaxation. Upon request, New classes could be NO WEIGHT ON WRISTS or NO KNEELING for students with sensitive knees. Don’t see a time that works? Put together your own group and start your own class!

Contact for more info: email:lmayper@optonline.net or visit https://www.facebook.com/InnerFlameYoga for all schedule updates.

For Wednesday 9am class only: you can register directly with Heritage Center at mstillman@townofreddingct.org.

Laurie Mayper, a Redding resident, has been teaching yoga and pilates in Fairfield county since 2003. She enjoys helping students at all levels find balance and comfort in the body, a smooth breath, and a calm mind. She is certified in yoga at the 500-hour level, with additional studies in yin yoga (deep stretch), restorative yoga (relaxation in resting poses), yoga nidra (guided meditation for relaxation), mat pilates, and senior fitness.