

BEECHWOOD EXERCISE CLASS DESCRIPTIONS

For more information, please call 401-268-1596.

ALL CLASSES ARE SUBJECT TO CHANGE

- Must complete a Town Registration Form and a Participation Release Form before participating in a class.
- Refer to monthly newsletter for more information on exercise class policies, cancellations, and payments.

Classes at Beechwood = (B) and classes at the Community Center = (CC)

CLASS NAME:	DAY(S):	TIMES:	INSTRUCTOR:	LOCATION:
BEGINNER TAI CHI:	Mondays	12:45 P.M. – 1:15 P.M.	Jane Gemma	(B)
INTERMEDIATE TAI CHI:	Mondays	1:15 P.M. – 2:15 P.M.	Jane Gemma	(B)
Yang Style/Long Form. Each session builds upon the last.				
MUSCLE AND TONE:	Mondays	2:15 P.M. – 3:00 P.M.	Danielle McKenney	(B)
This fitness class approaches building muscle strength and improving functional mobility. Utilization of light to moderate weights with a strong emphasis on proper form, which will include modifications for a variety of different fitness levels. Many of the exercises will prioritize balance and stability. <i>Floor mat required.</i>				
PILATES:	Mondays	3:00 P.M. – 4:00 P.M.	Danielle McKenney	(B)
This Pilates class is designed to give you a full body workout that creates long, lean muscles. Traditional Pilates exercises will be taught as well as some upper body toning exercises and a sprinkling of yoga. <i>Floor mat required.</i>				
FIT FUSION:	Tuesdays	9:00 A.M. – 10:00 A.M.	Danielle McKenney	(B)
	Wednesdays	9:00 A.M. – 10:00 A.M.	Danielle McKenney	(B)
Fit Fusion is a blend of lo-impact aerobics, strengthening and stretching exercises. Some of the strength exercises will be done using a chair for support. You will need a pair of light weights and bands.				
FLEXIBLE STRENGTH:	Tuesdays	10:00 A.M. – 11:00 A.M.	Danielle McKenney	(B)
	Wednesdays	10:00 A.M. – 11:00 A.M.	Danielle McKenney	(B)
Flexible Strength is a unique training session focusing on improving muscular strength, flexibility, and balance. Focus on movements using resistance bands, weights, and balls that will stimulate and enhance daily life activities.				
MODIFIED YOGA:	Tuesdays	2:30 P.M. – 3:30 P.M.	Paulette McLaren	(B)
	Thursdays	2:30 P.M. – 3:30 P.M.	Paulette McLaren	(B)
This class is conducted in a chair. Modified yoga is a blend of exercises in breathing, movement, still poses, and deep relaxation. Participation is limited to twenty students per class and to one day per week, per participant.				
*TAI CHI/QIGONG:	Tuesdays	5:00 P.M. – 6:00 P.M.	Jane Gemma	(B)
This class combines Tai Chi and core exercises to increase strength, develop balance, and reduce stress. This is a standing or sitting class and does not use a floor mat.				
*YOGA:	Wednesdays	4:00 P.M. – 5:15 P.M.	Patty Mancini	(B)
		5:30 P.M. – 6:45 P.M.	Patty Mancini	(B)
Patty holds a 500-hour certificate in vinyasa and from that well-rounded base has developed a love and appreciation for a slower flow to provide an opportunity for deeper integration of body, mind, soul, and spirit.				
LINE DANCING:	Thursdays	9:00 A.M. – 10:00 A.M.	Donna Carter	(B)
Learn the latest and most popular line dancing and country dance steps.				
STRENGTH & STRETCH:	Thursdays	10:15 A.M. – 11:00 A.M.	Donna Carter	(B)
Includes sitting and standing exercises to improve your cardiovascular fitness, muscle tone, and flexibility.				
DANCE AND TONE:	Fridays	9:30 A.M. – 10:30 A.M.	Daryl Brazo	(B)
Low impact dance moves that are fun, simple, and easy to follow for a cardiovascular challenge. The toning portion will consist of (head to toe) strengthening exercises to build muscle tone while using a variety of equipment.				
CORE FIT:	Fridays	10:45 A.M. – 11:45 A.M.	Danielle McKenney	(B)
This class is designed to build core muscle groups while improving posture through performing a variety of exercises that strengthen the abdomen and back muscles. Individuals will get a full body stretch using movements that will increase flexibility, decrease muscle tension, and help improve muscular balance. <i>Floor mat required.</i>				

***Indicates that pre-registration is required.**

Updated November 2025