



## OUR MISSION

The goal of the Chapel Haven Wellness program is to provide the inspiration, education, and programs necessary to help our community live long, healthy, happy lives. We do this through the promotion of the 6 pillars of healthy happy living.

- PURPOSE
- PROPER NUTRITION
- REGULAR EXERCISE
- STRESS MANAGEMENT
- CONNECTION
- SELF CARE/ HYGIENE

The programs and offerings in this catalog are aimed at fueling the success of each individual in our community. We hope to see you in a variety of these classes and programs.

**-Ryan McEachern, Wellness Coordinator**

## PRICING

### IN-PERSON CLASSES

\$200 per class for the term

### VIRTUAL CLASSES

\$150 per class for the term



# WINTER TERM

January 4th - April 2

## IN-PERSON CLASS OFFERINGS

**\*\* currently limited to residents only\*\***

These classes are limited to 6 participants only to allow enough individualized attention while still engaging with others in a social setting.

### **ADAPTIVE FITNESS** with Ryan McEachern and/or Jacob Ballet

This is a 45-minute in-person small group training class geared for all fitness levels utilizing Chapel Haven's state of the art group exercise room. In this class, the instructor will take you safely through a proper warm-up and exercise routine that will build functional strength, stamina, balance and improve cardiovascular fitness.

Session A - Monday 9:00-10:00am  
Session B - Monday 10:00-11:00am  
Session C - Monday 11:00-12:00pm  
Session D - Tuesday 9:00-10:00am  
Session E - Tuesday 11:00-12:00pm  
Session F - Wednesday 9:00-10:00am

Session G - Wednesday 10:00-11:00am  
Session H - Wednesday 11:00-12:00pm  
Session I - Thursday 9:00-10:00am  
Session J - Thursday 11:00-12:00pm  
Session K - Friday 10:00-11:00am  
Session L - Friday 11:00-12:00pm

**Location:** SAIL Group Exercise Room

### **STRETCH IT OUT (LIMITED MOBILITY)** with Isabel Skarzynki

Get a good stretch from head to toe. Izzy will walk you through a series of stretches that will increase your mobility leaving you moving better and feeling more limber. This is a great class for anyone dealing with neck, knee, hip or back pain!

**Session A** – Tue. 4:00-5:00pm

**Location:** SAIL Group Exercise Room



# VIRTUAL CLASS OFFERINGS

## CARDIO KICKBOXING with Isabel Skarzynski

Isabel is not just a personal trainer, but also a Black Belt in Tang Soo Do. She will help you kick your fitness into high gear while having fun with this high energy class that will build stamina, coordination and flexibility.

**Session A** – Thu. 4:00-5:00pm

## CARDIO & YOGA with Marie Boyd

Cardio & Yoga is the perfect mix of burning calories and building mobility. This class combines cardio intervals to engage muscles and build strength, with yoga to help relax, focus on breathing and develop core strength all while having fun!

**Session A** - Mon. 5:00-6:00pm

## FULL BODY FITNESS with Isabel Skarzynski

Join us virtually for simple, safe, and effective workouts targeting total body fitness. From warm-up, to cool down you are guaranteed to get a great workout.

**Session A** – Tue. 3:00-4:00pm

**Session B** – Thu. 3:00-4:00pm

## TRADITIONAL MARTIAL ARTS with Sam Diaz

Unleash your inner warrior and learn traditional Shotokan karate with CT's best. In this class, you will learn the basics of self-defense and bullyproof techniques while also developing your discipline and focus. For more info on the instructors, please visit <https://www.stratfordshotokan.com/>

**Session A** – Wed. 5:00-6:00pm

## VIRTUAL FIT CLUB with Ryan McEachern

Join us virtually for simple, safe and effective, weekly workouts targeting total body fitness. From warm up, to cool down you are guaranteed to get a great workout. Attend one or all sessions for the same price!

**Session A** - Monday @ 3:00-4:00pm

**Session B** - Wednesday @ 3:00-4:00pm

**Session C** - Friday @ 3:00-4:00pm

## ZUMBA with John Leyseca

Join the fun of Zumba! Together, we will take the "work" out of workout, by mixing low intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Learn moves from salsa, merengue, cumbia, and many more influential styles of dance.

**Session A** – Wed. 9:00-10:00am

**Session B** – Fri. 9:00-10:00am



# WINTER 2021 Wellness Course Registration Form

STUDENT NAME: \_\_\_\_\_

STUDENT PHONE # : \_\_\_\_\_

PARENT/ POINT STAFF: \_\_\_\_\_  
(person in charge of scheduling)

PARENT/POINT STAFF PHONE #: \_\_\_\_\_

EMAIL FOR ZOOM LINKS: \_\_\_\_\_

**PROGRAM                      REACH                      SAIL                      ASAT                      SLP                      CLP**  
(circle one)

Please put a check next to the class you would like to register for. Spaces in IN PERSON classes are limited to 6 and once spots are filled, additional participants will be waitlisted till after the add/drop period.

Forms are due by Monday, December 14th. Please email all WELLNESS REGISTRATION forms to [wellness@chapelhaven.org](mailto:wellness@chapelhaven.org) or fill out the electronic registration by [clicking here](#).

**\*\* AS A REMINDER, COMMUNITY MEMBERS ARE NOT CURRENTLY PERMITTED TO ATTEND IN-PERSON CLASSES UNTIL FURTHER NOTICE DUE TO COVID RESTRICTIONS\*\***

MONDAY	FEE	✓	THURSDAY	FEE	✓
ADAPTIVE FITNESS A - 9-10am [IN PERSON]	\$200		ADAPTIVE FITNESS I - 9-10am [IN-PERSON]	\$200	
ADAPTIVE FITNESS B - 10-11am [IN-PERSON]	\$200		ADAPTIVE FITNESS J - 11-12pm [IN-PERSON]	\$200	
ADAPTIVE FITNESS C - 11-12pm [IN-PERSON]	\$200		CARDIO KICKBOXING A - 4-5pm [VIRTUAL]	\$150	
CARDIO & YOGA A - 5-6pm [VIRTUAL]	\$150		FULL BODY FITNESS B - 3-4pm [VIRTUAL]	\$150	
VIRTUAL FIT CLUB A - 3-4pm [VIRTUAL]					
TUESDAY	FEE		FRIDAY	FEE	
ADAPTIVE FITNESS D - 9-10am [IN-PERSON]	\$200		ZUMBA A 9-10AM [VIRTUAL]	\$150	
ADAPTIVE FITNESS E - 11-12pm [IN-PERSON]	\$200		ADAPTIVE FITNESS K - 10-11am [IN-PERSON]	\$200	
FULL BODY FITNESS A - 3-4pm [VIRTUAL]	\$150		ADAPTIVE FITNESS L - 11-12pm [IN-PERSON]	\$200	
STRETCH IT OUT A - 4-5pm [IN-PERSON]	\$200		VIRTUAL FIT CLUB C - 3-4pm [VIRTUAL]	\$150	
WEDNESDAY	FEE				
ADAPTIVE FITNESS F - 9-10am [IN-PERSON]	\$200				
ZUMBA A 9-10AM [VIRTUAL]	\$150				
ADAPTIVE FITNESS G - 10-11am [IN-PERSON]	\$200				
ADAPTIVE FITNESS H - 11-12pm [IN-PERSON]	\$200				
TRADITIONAL MARTIAL ARTS - 5-6pm [VIRTUAL]	\$150				
VIRTUAL FIT CLUB B - 3-4pm [VIRTUAL]	\$150				

PARTICIPANT SIGNATURE \_\_\_\_\_

POINT STAFF/PARENT SIGNATURE \_\_\_\_\_



## OTHER SERVICES



# 1:1 PERSONAL TRAINING

*Take control of your health and fitness !*

Virtual & In-Person Personal Training is great when you need more individualized support in approaching your health and fitness goals. Get the support you need while you improve your health, lose unwanted weight, and adopt a healthier & happy lifestyle.

Our clients come to us with different goals, needs, and capabilities so we strive to offer programs just as unique.

Our trainers have the best certifications in the industry such as NASM, Autism Fitness & Precision Nutrition and experience working with clients of all ability levels.

With sessions starting at \$35 you are guaranteed to get the accountability, personalization, and attention necessary to achieve serious results in a fun, focused way.

GET STARTED NOW by booking a consultation with our Wellness Coordinator to find out about the different options and see if 1:1 training is right for you.



## TRAINING PACKAGES

INDIVIDUAL SESSIONS	2 SESSIONS PER WEEK	3 SESSIONS PER WEEK	4 SESSIONS PER WEEK
\$45 per 45 min session	\$320 per month <i>(\$40 per session)</i>	\$450 per month <i>(\$37.50 per session)</i>	\$560 per month <i>(\$35 per session)</i>



# WELLNESS MEAL PLAN

*Fueling the Success of the Chapel Haven Community*

The new Wellness Meal Plan is **fueling Chapel Haven's success with nutritious, delicious and ready-to-go meals!**

The Wellness Meal Plan is a simple way to get nutritious, delicious, and ready-to-go meals delivered right to campus, ready to just heat and eat.

Meals are prepared by professional chef's so you can be sure they are cooked properly and taste great.

Each meal is made with fresh whole foods and balanced properly so you can be sure your body gets the proper portions and nutrients it needs to function properly.

Everything is delivered right to campus each week so you can pick it up at your convenience and avoid the grocery stores and fast food restaurants.

There are new items on the menu each week so you never get bored.

There is also a specialty menu for people with health conditions that require a low carb diet.

Ordering will now be "A LA CARTE". Get some, or all of your meals for the week based on your needs.



Book a call with our Wellness Coordinator to find out which option is best for you or [CLICK HERE](#) to get started.

## QUESTIONS

Please reach out to [Wellness@ChapelHaven.org](mailto:Wellness@ChapelHaven.org) with any questions on these programs.

