



Killingly Public Schools Staff Wellness Programs

Grant funded program free to all KPS Employees

Monday Flex: W/ Jessica Houlker

Kick your week of right with our body toning flex workout. Incorporating movements from, Pilates, Yoga and stretching. Leave class feeling stronger and leaner, modifiable for any fitness level. Please bring a Yoga Mat for your comfort.

DAY: Monday

4-5pm @ Westfield Ave conference room former Library

Interval Boot Camp: W/ Jessica Houlker

Less time in the gym doesn't mean that you have to sacrifice fitness. This 60min class will have you burning tons of calories, building lean muscle and growing stronger in one little hour. Modifiable to any fitness level, we have something for everyone's ability.

DAY : Wednesday

4-5pm @ Westfield Ave Gym

YOGA : W/ Mary Silvestri

A relaxing environment that takes you through a wonderful class to exercise spirit, mind and body. All abilities encouraged to come please bring a Yoga mat or a towel.

DAY : Thursday

4-5pm @ Westfield Ave conference room former Library

SESSION #1

Week of January 6

Week of January 13

Week of January 20 (*no class on Mon 1/20)

Week of January 26

Week of January 27

Week of February 3

Week of February 10

Week of February 17 (*no class on 2/17 & 2/18)

Week of February 24

SESSION #2

Week of March 2 Week of April 6

Week of March 9 April VACATION NO Class

Week of March 16 Week of April 20

Week of March 23 Week of April 27

Week of March 30 Week of May 4

Killingly River Trail Fun Run/Walk Series

FREE TO KILLINGLY SCHOOL EMPLOYEES ONLY

Spring out of that Winter Mode and find your stride on the scenic Killingly River trail! Challenge yourself this Spring in our now annual 5k Fun Run Series on the scenic Killingly River Trail. The series will be held every Sunday starting April 5 and ending on May 17th. The Trail is paved and very scenic, anyone with a stroller can come, it's also wheel chair accessible. Anyone not ready for 3.1 miles could shorten the course and work towards the goal of going the full distance after all it's a "Fun" run series 😊.

Days/ Dates: Sundays April 5th – May 17th (No race on Easter Sunday April 12th)

TIME: 6:00pm

Location: Race will start and end at the Killingly Dog Park Parking lot (located at the intersection of the river trail and Quienbaug drive.)

REG INFO: Runners will be issued a bib number that will be used for the entire series (YOU MUST SIGN IN AT EACH RACE BRING YOUR SCHOOL ID !!!)

OPEN GYM @ Killingly Parks and Recreation 185 Broad Street

Killingly Public School employees are welcome to enjoy the community center gym to play basketball. Must check-in and show your school ID to KPRD staff at the main office! Please bring sneakers no street shoes allowed on the court.

Thursday's only from January 6th - May 4th 3:00-5:00pm

*Hours will increase until 5:30pm after the KPRD youth basketball program ends in March

BONUS : USE OF KPRD WEIGHT AND CARDIO ROOM DURING OPERATING HOURS FROM JANUARY 6TH—MAY 4TH . MUST SIGN IN WITH KPRD STAFF AND SHOW SCHOOL ID