

How to Sign Up

1. Complete an [Employee Wellness Center Waiver Form](#)
2. Complete an [EWC Key Issuance Form](#)
3. Submit both forms to John Boanno, HR Generalist via email at jboanno@milfordct.gov or in-person
4. Pick up your key to the gym at the Rec Department in the Parsons Center

CITY OF MILFORD EMPLOYEE WELLNESS CENTER Rules, Regulations, Policies and Guidelines

Parson's Center Exercise Class Schedule 2023 - 2024

In order to participate in these classes, please be sure to submit your signed waiver and key fob forms to City of Milford, Human Resources. Instructors will have sign-up sheets at the classes.

Mondays	Total Body Workout with Scott Tenney	4:45p – 5:45p
Tuesdays	Guided Meditation with Joann Dunsing	1:00p – 1:45p
Tuesdays	Zumba with Kim Kaufman	5:00p – 6:00p
Wednesdays	Total Body Workout with Scott Tenney	4:45p – 5:45p
Thursdays	Yoga with Kelly Warters	1:00p – 1:45p
Thursdays	Yoga with JaTorra Commodore	4:45 – 5:30p

Parson's Center Gym Schedule 2023 - 2024

Monday - Friday 7:00 a.m. - 10:30 p.m.

Closed weekends and holidays

