

## INSTRUCTION

### Art Instruction

Georgetwon School of the Arts  
25 Old Mill Rd., W Redding  
203-544-8551 / georgetownarts.com

Paint Draw and More  
25 Old Mill Rd., West Redding  
203-544-8551 / paintdrawmore.com

Silvermine Arts Center  
1037 Silvermine Rd., New Canaan  
203-966-9700  
silvermineart.org

Wilton Continuing Ed  
203-834-5694  
wiltoncontinuinged.com/  
coursecatalog

Wilton Parks & Recreation  
After School Art classes  
180 School Rd., 203-834-6234  
wiltonparksandrec.org

### Cooking Classes

Ambler Farm  
257 Hurlbutt St., Wilton  
203-834-1143 / amblerfarm.org

AMG Catering & Events  
196 Danbury Rd., Wilton  
203-227-5535 / AMGcatering.com

Cucina Casalinga  
Italian Cooking School.  
171 Drum Hill Rd., Wilton  
203-762-0768  
cucinacasalinga.com

Fork Knife Spoon Cooking  
332 Belden Hill Rd., Wilton  
203-943-9955  
forkknifespooncooking.com

Franc-O-Fun French Cooking  
203-762-5645 / franc-o-fun.com

Millstone Farm  
180 Millstone Rd., Wilton  
203-834-2605 / millstonefarm.org

Wilton Continuing Education  
203-834-7694  
wiltoncontinuinged.com

### Dance Schools

Art of Dance  
991 Danbury Rd., 203-544-9821  
artofdancetown.com

Conservatory of Dance  
151 Old Ridgefield Rd., Wilton  
203-544-8455  
conservatory-of-dance.com

Encore Youth Company  
1 Danbury Rd., S. Wilton  
203-210-7155  
encoreyouthcompany.org

Fleur de Lis Academy  
1 Danbury Rd., S. Wilton  
203-210-7155  
fleurdelisacademy.com

Freyer Academy of Ballet  
120 Old Ridgefield Rd., Wilton  
203-762-0567 / fabballet.com

Walter Schalk School of Dance  
67 Drum Hill Rd., Wilton  
203-762-7508 / walterschalk.com

Wilton Dance Studio  
Teaching grace, poise, and artistry.  
941 Danbury Rd., Wilton  
203-544-9007 / wiltondance.com

### Martial Arts

Kempo Academy of Martial Arts  
941 Danbury Rd., Wilton  
203-544-2225  
kempokaratect.com

Steve Demasco's Shaolin Studios  
5 River Rd., Wilton  
203-761-0018  
sdsksungfu.com

Wilton Martial Arts  
213 Danbury Rd., Wilton  
203-761-6622  
wiltonmartialarts.com

### Music Classes

Gilbert & Bennett Cultural Center  
49 New St., Georgetwon  
203-544-0056  
gandbculturalcenter.org

The Old Barn Music School  
28 Crumman Ave., Wilton  
203-981-7396  
wiltonpianolessons.com

Wilton Continuing Ed  
203-834-5694  
wiltoncontinuinged.com

Wilton Music Studios  
1 Danbury Rd., 203-761-7787  
wiltonmusicstudios.com

### Riding Instruction

Stonyside Farm  
112 Kensett Dr., Wilton  
203-834-0060

Wilton Riding Club Barn  
60 Riding Club Rd., Wilton  
203-762-7688  
wiltonridingclub.org

## ORGANIZATIONS

Newcomers Club  
203-563-4110  
wiltonnewcomersclub.com

P.E.O. Connecticut  
ctpeo.org

Trackside Teen Center  
15 Station Rd., Wilton  
203-834-2888 / Trackside.org

Wilton Arts Council  
wiltonarts.com

Wilton Boy Scouts of America  
scouting.org

Wilton Chamber of Commerce  
120 Old Ridgefield Rd., Wilton  
203-762-0567 / wiltonchamber.com

Wilton Garden Club  
203-834-1032  
wiltongardenclub.org

Wilton Girl Scouts  
529 Danbury Rd., Wilton  
203-762-5557 / gssoft.org

Wilton Go Green  
203-762-2993 / wiltongogreen.org

Wilton Land Conservation Trust  
203-761-8715 / wiltonlandtrust.org

Wilton Mom's Club  
wiltonmoms.com

Wilton Senior Center  
180 School Rd., 203-834-6240

Wilton Woman's Club  
wiltonwomansclub.org

Wilton Youth Services  
180 School Rd., Wilton  
203-834-6241  
wiltonyouthservices.org



## Workout Blahs?

**FEELING UNDERWHELMED** by your usual workout routine? Check out these local Wilton fitness studios where variety and a sense of community are guaranteed to get you moving each week.

Known for its calorie-torching, high-energy indoor cycling classes, JoyRide Studio is a local favorite. The motivational instructors help you get the best workout possible leaving you feeling strong and yes, joyful. [joyridestudio.com](http://joyridestudio.com)

If you are looking to literally kick things up a notch, head to HiiTKick Fitness which offers kick-boxing, Kick-Fit, and boxing for teens and adults. [hiitkickfitness.com](http://hiitkickfitness.com)

Want something with less punch and more stretch? Head to The Pilates Advantage for private, semi-private, and group classes that will strengthen, lengthen, and align your body. [thepilatesadvantagect.com](http://thepilatesadvantagect.com)

Yoga anyone? Whether you're a newbie or a lapsed yoga practitioner, Soul Tribe Yoga has a class for you. Instructors meet you where you are, while also encouraging you—ever so gently—to challenge yourself to reach new levels. [soultribeyoga.com](http://soultribeyoga.com)

If you still want to stay in a gym setting, personal, semi-private, and group training are offered at Personal Training Professionals ([ptp-wilton.com](http://ptp-wilton.com)), Wilton Anytime Fitness ([wiltonanytimefitness.com](http://wiltonanytimefitness.com)), Wilton Sport and Fitness ([wiltonsportandfitness.com](http://wiltonsportandfitness.com)), and the Riverbrook Regional YMCA ([wiltonymca.org](http://wiltonymca.org)). —MARGARET MAY