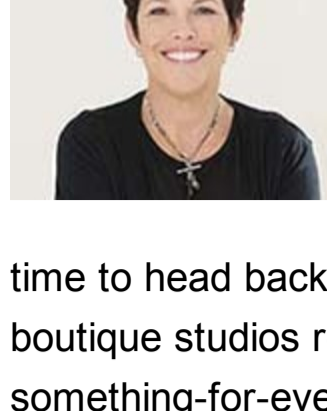


the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- CALENDAR
- DEALS
- EAT
- SHOP
- TRAVEL
- TOWN GUIDES



Over the summer we tend to get our exercise out-of-doors, but come fall, it's time to head back to the gym. As boutique studios replace the something-for-everyone concepts of classic gyms, we thought we'd give a few newbies a go. If you're looking to change up your routine or finally get started, we've found some strong and fun options for every level and all ages.

NEW ENGLAND FOOD TRUCK FESTIVAL
EST. 2015
AT MOHEGAN SUN

SATURDAY, SEPTEMBER 1ST NOON-10:00 PM
FIREWORKS AT 9:15 PM

SUNDAY, SEPTEMBER 2ND NOON-6:00 PM

FEATURING DOZENS OF FOOD TRUCKS, LIVE MUSIC, ENTERTAINMENT FOR KIDS, FACE PAINTING, FIELD GAMES AND MUCH MORE!

BE A VIP!
SATURDAY & SUNDAY | VIP HOUR
11:00 AM-NOON

[LEARN MORE](#)

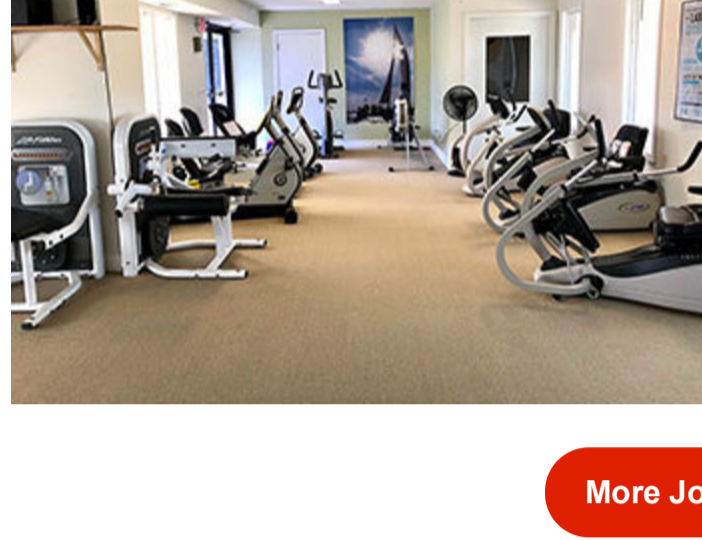
Tracy

Experience our chic country casual influence...
71 Whitfield Street, Guilford

FALL FISHING, FALL BEACH WALKS, FALL FESTIVALS...
FALL IN LOVE WITH THE MARGIN STREET INN

BOOK YOUR STAY

WESTERLY'S NEW BOUTIQUE RIVERSIDE B&B



Joint Effort, Old Saybrook, Guilford & Branford

Are you desperate to improve your health and fitness but you're a gym scaredy-cat? The idea of buff twenty-somethings in crop tops, pumping music, and those damn mirrors everywhere just a little more than you can bear? Well, I've found the place...

[More Joint Effort](#)

FINE ART EST. 2016
curated
& LUXURY GOODS

TAX FREE WEEK 8/19 - 8/25

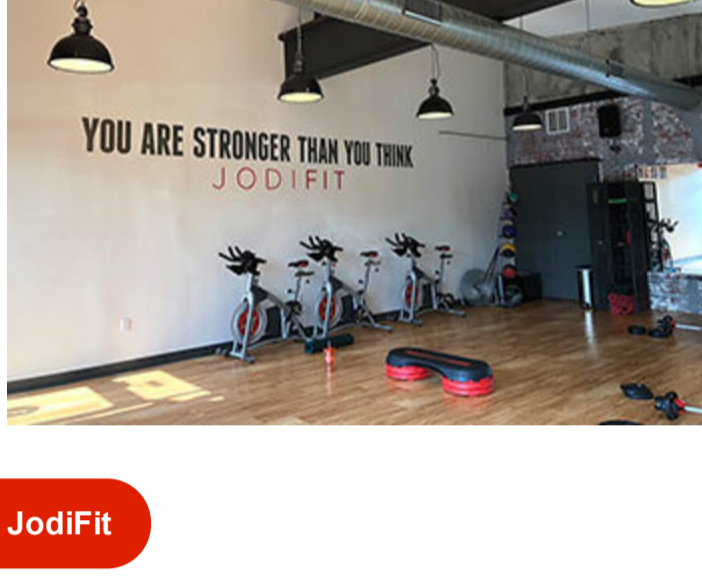
20% OFF
one new full-priced item during Tax Free Week

Ella
WHERE SHE SHOPS

OPEN 7 DAYS | GUILFORD GREEN

JodiFit, Branford

Upfront I'll let you know that I am not a gym rat. So, it was with some trepidation that I decided to sign up for the Body Pump class at JodiFit, a boutique fitness studio in Branford. I wasn't sure what to expect. I imagined a place with a lot of weights...



[More JodiFit](#)

Our exclusive Fall Collection from The Ark Clothing Co and Nike+Sole, Australia has arrived!

20% OFF
ONE ITEM
FOR OUR E-LIST READERS
(MENTION THIS AD)

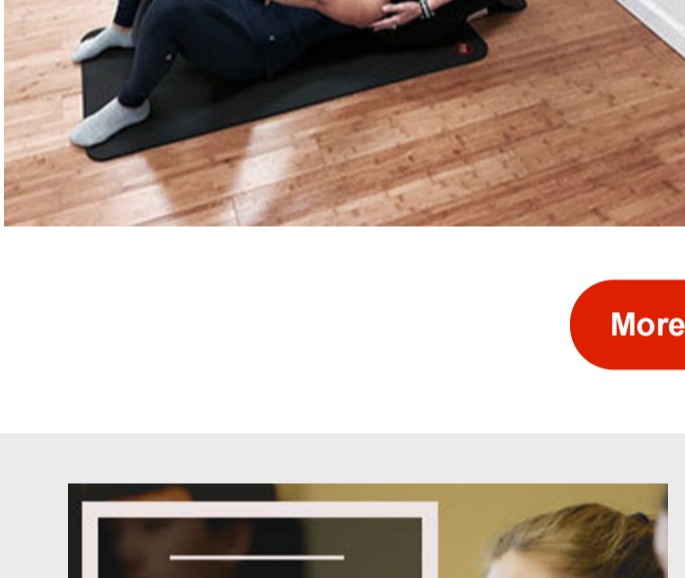
ONYX

VISIT
208 CHURCH STREET GUILFORD

TOOTH BE TOLD
★★★★ WE LOVE ★★★★★
OUR PATIENTS

Katrina A. Wall
Essex Dentist

[MORE INFO](#)



Barre at the Green, Guilford

As a busy yoga teacher, I tend to sample various forms of exercise in hopes of finding both a class and a teacher who will offer me a well-planned, efficient and effective class for my own workouts. Simone Gell's Barre at the Green...

[More Barre](#)

We think
intellectual curiosity is the most powerful energy in the world.

Open House:
October 21, 2018

CONTEMPLATING DIVORCE?
WE CAN HELP

Join us for a 3 HOUR WORKSHOP discussing the legal, financial and emotional considerations of divorce, presented by professionals in each field.
SEPTEMBER 8 9AM - 12PM

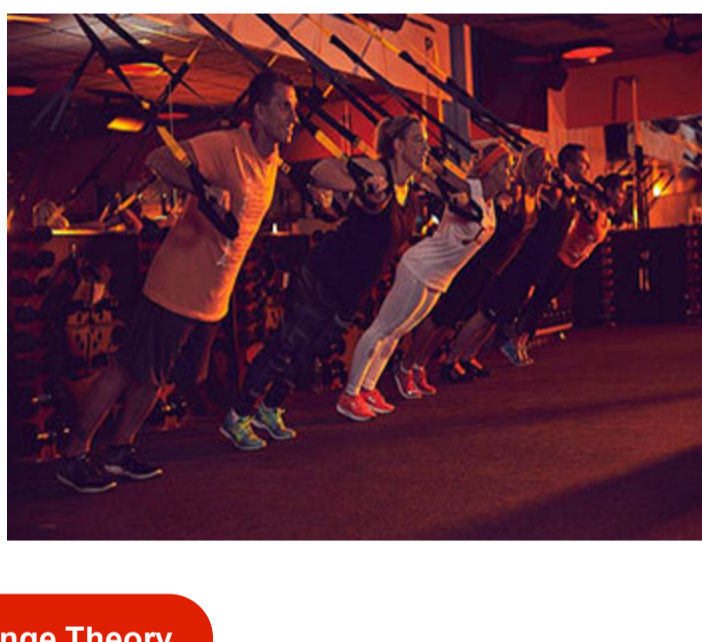
WIFE Women's Institute for Financial Education
SECOND SATURDAY

FOR MORE INFORMATION:
www.secondsaturdayconnecticut.com
secondsaturdayct@gmail.com

PLEASE CONFIRM INTEREST IN SEPT SESSION BY 9/6, 5 PM

Orange Theory, Guilford

Not for the faint of heart, OrangeTheory Fitness is a heart-rate based, high-intensity interval work-out. A combination of treadmill running, rowing and weightlifting, OrangeTheory hour-long classes deliver a variety of intense full body workouts, from...



[More Orange Theory](#)

Sponsored Post

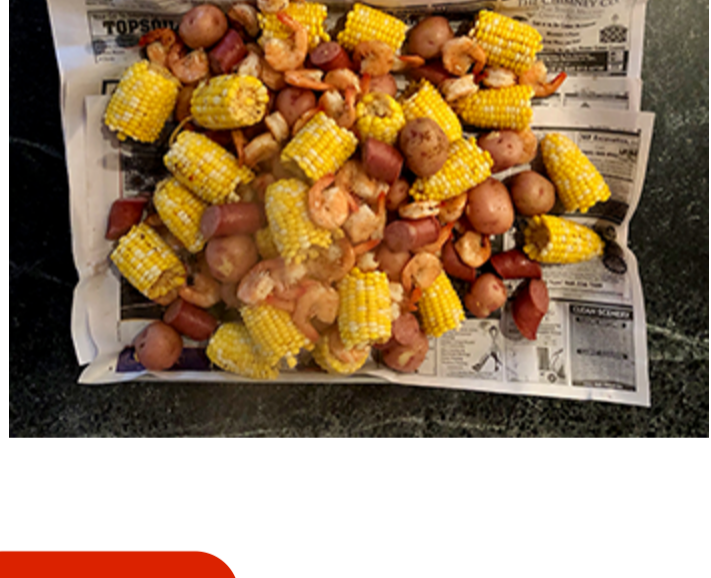


JUL Yoga

JUL Yoga is a donation-based yoga studio dedicated to spreading Community Joy and Self-Love. No matter where you are in your yoga practice, the studio offers classes from beginner to active. Owner of JUL Yoga, Julia Balfour, thoughtfully selected yogis whose teachings allow students to feel safe while pushing their boundaries and laughing. Across the road from the studio, Julia runs a digital agency, Julia Balfour, LLC. Yoga and digital make perfect sense together for Julia, "We pour love into our work, into our community, and yoga is about pouring that love back into yourself." The agency recently announced their inclusion in the 2018 Inc. 5000 list of fastest-growing companies in America. You might just meet one of their 25 employees in a class. Sign up online to reserve your mat. Pictured: Julia Balfour (right) and her longtime friend and yogini, Emrys Tetu (left).

[More JUL](#)

Last week week's list was all about Frogmore Stew, green beauty products and A Chorus Line.



[Read the List](#)

Featured Event

Lady Katharine CRUISES
Friday Night FEVER!
Sept 7, 2018
Can you dig it?

Friday Night Fever on Lady Katharine Cruises

Join Lady Katharine Cruises for a 70's throwback evening cruise down the Connecticut River. Boogie down on our "Friday Night Fever" cruise! Put on your blazin' bell bottoms and your grooviest pair of platforms and dance the night away with music from ABBA, The Bee Gees, Donna

Summer, and more! DJ Mike Stacy will be spinnin' the hits. Be sure to dress in your best 70's gear to qualify to win prizes.

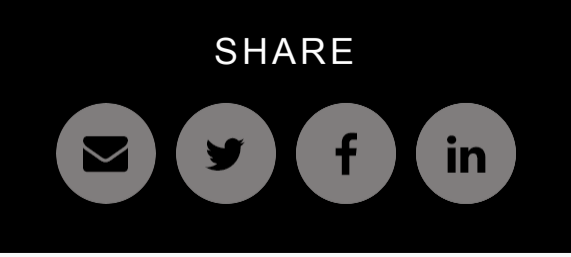
[Get Tickets!](#)

p.s. from Erica

Looking for something to do? Find craft beer fests, beach yoga, fireworks and more on the-e-list events calendar:

[GET THE CALENDAR](#)

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Don't miss a list, sign up here:

[SUBSCRIBE](#)

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