















SPINNING®



Indoor Cycling Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00 am SPINNING.  Susan♥	5:15-6:00 am SPINNING.  Carl♥	5:15-6:00 am SPINNING.  Patrick♥	5:15-6:00 am SPINNING.  Gil/Susan♥	5:15-6:00 am SPINNING.  Julia♥		
6:10-6:55 am SPINNING.  Paul♥					7:00-7:45 am SPINNING.  Julia♥	
				9:15-10:00 am SPINNING.  Sally♥	8:30-9:15 am SPINNING.  Julia♥	9:00-9:45 am SPINNING.  Gil♥
					NEW!! 11:00-11:45 am SPINNING.  Vanessa♥	
	12:30-1:15 pm SPINNING.  Jim♥		12:30-1:15 pm SPINNING.  Jim♥	Sign-ups for cycling begin 24 hours prior to the class. Sign-ups for Monday's 5:15 am class begin on Sunday at 7:00 am. Sign-ups for Monday's 6:00 pm class begin on Sunday at 4:00 pm. Class sizes limited due to room capacity. Please check with the Welcome Center for full details. Schedule Effective January 1, 2012		
6:00-6:45pm SPINNING.  Patrick♥			5:30-6:30 pm Indoor Cycling Linda♥			



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:00-9:00 am Yoga Jamie 			8:00-8:45 am Barbell Pump Trish S.  	
9:15-10:15 am Low Impact Cardio Fit* Joan 	9:00-10:00 am SilverSneakers® Muscular Strength* Kathy   	9:15-10:15 am Low Impact Cardio Fit* Joan 	STARTS 1/26/12 9:15-10:15 am Low Impact Cardio Mix-Up* Joan/Kathy   	9:00-10:00 am SilverSneakers® Muscular Strength* Kathy   	9:00-9:45 am NEW!! Cardio Mix-Up Trish S. 	9:00-9:45 am Zumba Kathy 
9:15-10:15 am Cardio Blitz Fiorella 	9:15-10:15 am Pilates Sally  	9:15-10:15 am Cardio Blitz Fiorella 	9:15-10:15 am Power Strength Colleen  	9:15-10:15 am Best Body Challenge Fiorella  	9:45-11:15am Krav Maga† Real World Krav Maga  	10:00-11:00 am Cross Train Intense Dom & Denise  
10:15-11:00am Zumba Fiorella 		10:15-11:00 am Zumba Fiorella 	10:15-11:00 am Pilates Colleen  	10:15-10:45 am Fusion Flow Fiorella  	10:20-11:50am Shotokan Karate Maura   	10:30-11:30 am 3-2-1 Sculpt! Linda 
10:45-12:00pm LiveSTRONG at the Y*∞ Sally & Colleen				10:45-12:00pm LiveSTRONG at the Y*∞ Sally & Colleen		
12:30-1:15 pm Barbell Pump Sally/Colleen 		12:30-1:15 pm Barbell Pump Sally 		NEW!! 12:30-1:15 pm Barbell Pump Sally/Colleen 		
1:30-2:30 pm SilverSneakers® Muscular Strength* Phyllis   		1:30-2:30 pm SilverSneakers® Muscular Strength* Phyllis   			<p>Looking for a specific type of workout? Follow our guide to find the class that's right for you!</p> <p> = Cardio</p> <p> = Strength Training</p> <p> = Flexibility</p>	
4:15-5:00 pm Ab Solution Linda 			4:15-5:00 pm Ab Solution Linda 			
5:15-6:00 pm Intermediate Step Tricia P. 	5:15-6:00 pm Beginner Step & Tone Tricia P.  		5:15-6:00 pm Step Interval Tricia P.  	5:30-6:30 pm Cross Train Intense Tricia & Gary  		
6:00-6:45 pm Boot Camp Tricia P.  	6:00-7:00 pm Extreme Kickboxing† Tricia P.  	5:45-6:30 pm 20/20 Tricia P.  	6:00-7:00 pm Extreme Kickboxing† Tricia P.  			
6:30-8:00 pm Krav Maga* Real World Krav Maga  	7:00-7:45 pm Zumba®¥ Vince 	6:30-8:00 pm Krav Maga* Real World Krav Maga  	6:45-7:45 pm Zumba®¥ Fiorella 	<p>All Classes are FREE to YMCA members, unless otherwise noted!</p> <p>All classes will be held upstairs in the Group Fitness Room unless otherwise noted. Class times and instructors are subject to change.</p> <p>*Class will be held in the Community Room. ¥Class will be held in the Gym.</p> <p>†Kickboxing requires your own boxing gloves. ‡There is a fee for this class.</p> <p>∞Participants must complete an intake process in order to register for this class.</p> <p>Class sizes limited due to room capacity. Please check with the Welcome Center for full details.</p> <p>Schedule effective January 1, 2012</p>  <p>FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>		
6:45-7:30 pm Guts & Guns Trish 	7:00-7:45 pm Tone & Trim Tricia P. 	6:45-7:30 pm Guts & Butts Trish 	7:00-8:00 pm NEW TIME!! Yoga Pat 			
7:30-8:30 pm Yoga Pat 	7:45-8:30 pm Shotokan Karate Maura   		7:15-8:45 pm Shotokan Karate* Maura   			

CLASS DESCRIPTIONS

- 20/20** – This class incorporates 20 minutes of intense cardio with 20 minutes of resistance training to sculpt and define those muscles. Appropriate for all fitness levels.
- 3-2-1 Sculpt!**: Hit all your trouble spots in one class! 20 minutes to target your lower body, 20 minutes for your upper body, and 20 minutes to sculpt your abdominals! Come for the full hour, or for just for the parts you need most.
- Ab Solution** – 45 minutes of hard-hitting abdominal work. Get on the fast track to a six-pack!
- Barbell Pump** – This terrific class provides a whole body workout, accommodating any strength or fitness level. Each participant has their own adjustable barbell set and selects the appropriate resistance.
- Best Body Challenge** – Looking for a results-based workout? Join "The Challenge!" Through boot camp style drills, interval and circuit training, this class will help you reach your goal of creating a leaner and stronger body!
- Boot Camp** – Join us for an intense workout that includes cardiovascular drills, calisthenics, weights, abs, and much, much more!
- Cardio Blitz** – Looking to shape up fast? This class will burn maximum calories with non-stop cardio activity!
- Cardio Mix-Up** – Get your cardio workout with a fun twist! Fresh, new moves will be introduced, including the exciting new rhythms of Drums Alive®!
- Cross Train Intense** – Hard core small group personal training with 2 trainers and limited class sizes. Reach your maximum athletic potential!
- Extreme Kickboxing** – Kickboxing drills and circuits are performed in this dynamic class that also partners you up for sparring. Ideal for intermediate to advanced exercisers.
- Fusion Flow** – Light weights are used to lengthen, strengthen and tone the major muscles of the body, without building bulk. The best of Pilates, cardio and strength training is seamlessly blended.
- Guts & Butts** – Hit your body where you need it most! Tone and slim your midsection, hips, and legs in this targeted strength class. Guaranteed to have you coming back for more!!
- Guts & Guns** – An awesome complement to the popular Guts & Butts, Guts & Guns targets your midsection and your upper body.
- Krav Maga** – One of the best self-defense systems available to civilians today. It is the same system taught to the Israeli Defense Forces. Krav Maga is based on natural and instinctual responses. *There is a fee for this class.*
- LiveSTRONG at the Y** – The YMCA and LIVESTRONG have joined together to create LIVESTRONG at the YMCA, a physical activity and well-being program designed to help adult cancer survivors achieve their holistic health goals FREE OF CHARGE. For more information, or to register for this program, contact Debbie Chappell at 203-269-4497 x12.
- Low Impact Cardio Fit** – Keep your heart pumping and the calories burning with 45 minutes of non-stop action! Weights, resistance bands, and core work may be incorporated.
- Low Impact Cardio Mix-Up** – Get your low-impact cardio workout with a fun twist! It's a different class each week, with two instructors offering a variety of workout styles.
- Pilates** – A total body mat workout with emphasis on the core muscles (abdominals and low back). Increase your core strength and body awareness, and improve your posture! All fitness levels welcome.
- Power Strength** – Whole body strength & conditioning class, combining barbells, dumbbells and floor work to challenge the entire body. Great for all levels of fitness.
- Shotokan Karate** – Traditional Japanese Karate with foci on balance, coordination, endurance and strength.
- SilverSneakers® - Muscular Strength** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.
- Spinning Indoor Cycling** – Experience all terrain challenges including hills, flat roads, switch backs, jumps speed and sprints. Great for all fitness levels.
- Step Classes** – We offer a level just right for you. Choose from beginner or intermediate levels.
- Step Interval** – Step up for a high calorie burning workout! Utilizing a variety of strength training equipment, we will incorporate short yet intense intervals of muscle building exercises. Cardio portion will be executed on the step.
- Yoga** – This class begins with self awareness centering by means of breath work and/or visualization to begin the relaxation process. The class progresses with gentle stretching to warm up the muscles before moving on to more challenging positions.
- Zumba®**– The newest, freshest addition to the world of cardio! Zumba incorporates Latin and International dance styles to get your heart racing! So much fun, you'll forget you're exercising!