

EAST SIDE BRANCH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:00AM SPINNING Kevin [S]	5:15-6:00AM SPINNING Carl [S]	5:15-6:00AM SPINNING Jess H [S]	5:15-6:00AM SPINNING Carl [S]	5:15-6:00AM SPINNING Craig [S]		
	6:00-7:00AM YOGA Basic George [X]					
8:00-9:00AM Extreme Water Aerobics Sue C [T]	8:15-9:00AM Low Impact Mix-Up Kathy [C]	8:00-9:00AM Water Aerobics Sue W [T]	8:15-9:00AM Low Impact Mix-Up Kathy [C]	8:00-9:00AM Water Aerobics Sue W [T]	7:00-8:00AM SPINNING Kim [S]	
8:00-9:00AM YOGA Basic Cathy [X]	9:15-10:00AM SilverSneakers Classic Kathy [C]	9:00-9:45AM SPINNING Eileen [S]*	9:15-10:00AM SilverSneakers Cardio Fit Kathy [C]	8:30-9:15AM SilverSneakers Classic Kathy [C]	9:00-10:30AM SHOTOKAN KARATE Maura [X]	
9:00-10:00AM Low Impact Cardio Fit Meme [C]	9:15-10:10AM Mat Pilates Eileen [X]	9:00-10:00AM Low Impact Cardio Fit Meme [C]	9:30-10:30AM Muscle Max Colleen [X]	9:20-10:20AM Stronger Longer Frank [C]	10:15-11:30AM Krav Maga Real World Krav Maga [G] †	
9:15-10:15AM CORE OF FORCE Fiorella [G]	10:15-11:15AM Stronger Longer Frank [C]	9:15-10:15AM FIT Fiorella [G]	10:30-11:30AM SilverSneakers SPLASH Phyllis [L]	10:30-11:30AM Water Aerobics Sue C [L]		
10:30-11:30AM Water Aerobics Elaine [L]	10:30-11:30AM SilverSneakers SPLASH Phyllis [L]	10:30-11:30AM Water Aerobics Elaine [L]	12:30-1:15PM SPINNING Jim [S]			
10:30-11:25 AM ZUMBA Kathy M [X]	12:30-1:15PM SPINNING Jim [S]					
	5:30-6:30PM Water Aerobics Trish [T]					
6:05-7:05PM Muscle Max Tricia [X]	5:45-6:30PM WOD Tricia [X]			5:30-6:30PM WOD Tricia [X]		
6:30-8:00PM Krav Maga Real World Krav Maga [C] †	6:45-7:30PM Tone & Trim Tricia [X]	6:30-8:00PM Krav Maga Real World Krav Maga [C] †	7:00-8:45PM SHOTOKAN KARATE Maura [X]			
	7:30-9:00PM SHOTOKAN KARATE Maura [X]					

CLASS LOCATION KEY

- [C] = Community Room
- [G] = Gymnasium
- [L] = Lap Pool
- [S] = Spinning Room
- [T] = Therapy Pool
- [X] = Group Exercise Studio

Class formats & instructors are subject to change without notice

† Additional fee applies

CHILD WATCH HOURS

MONDAY-THURSDAY
9:00-11:30AM & 4:30-7:30PM
FRIDAY
9:00-11:30AM & 4:30-7:00PM
SATURDAY & SUNDAY
8:30-11:30AM



EAST SIDE BRANCH
81 S Elm Street (203) 269-4497
Mon-Friday 4:30 AM - 9:30 PM
Sat 5:00 AM - 5:00 PM
Sun 7:00 AM - 5:00 PM






WEST SIDE BRANCH
8 N Turnpike Road (203) 269-3348
Mon-Fri 5:00 AM - 10:00 PM
Sat & Sun 7:00 AM - 5:00 PM

* TRIAL CLASS

WALLINGFORD FAMILY YMCA
www.wallingfordymca.org



CLASS DESCRIPTIONS

Extreme Water Aerobics		Come join us for a high energy and low impact workout in the water. During this intense workout, you will engage all of your muscles while improving your aerobic capabilities and having fun!
Krav Maga		One of the best self-defense systems available today. This class provides a great cardio workout while you learn to defend yourself from potential attacks and situations. Additional fee applies.
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.
	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.
Mat Pilates		A total body mat workout with emphasis on the core muscles (abdominals and low back). Increase your core and body awareness, and improve your posture! All fitness levels welcome.
Muscle Max		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 focus on balance, coordination, endurance and strength. Small class size ensures personalized instruction. All abilities are welcome. Class is for ages 10 and up.
SilverSneakers	Classic	Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. A chair is used for support.
	Cardio Fit	A heart-healthy aerobics class to energize your active lifestyle using low-impact movements. This is a higher intensity class than Classic.
	SPLASH	Splash offers fun and shallow water moves to improve agility, flexibility & cardio endurance. Class consists of a 45 minute workout and 15 minutes of socializing.
 SPINNING		Experience all terrain challenges including hills, flat roads, switch backs, jumps speed and sprints.
Stronger Longer		A class designed to help older adults improve their muscular strength, cardiovascular strength, and flexibility. Good for beginners.
Tone & Trim		Concentrates on full body toning through the use of resistance exercises. A variety of equipment such as weights, bands and balls will be used with high rep/low weight sets for a fun and dynamic class.
Water Aerobics		High-energy class designed to improve cardiovascular fitness, burn fat, increase strength & endurance and improve flexibility. No swimming experience necessary!
 CORE OF FORCE 		The best of two Beachbody workouts together in one 60 minute class. MMA, lower body, upper body, cardio, core and more. This class has it all!
WOD		Workout of the Day is a high intensity, self timed workout performed under the supervision of a certified instructor. Class includes functional movements, cardiovascular and strength training.
 Y FIT		Get fit the Y way! This class uses functional exercises designed to build cardio endurance and agility. Use bars, steps and more! You will rotate through stations for one intense workout.
YOGA		A moderately paced vinyasa class with the intention to cultivate balance, strength & flexibility. You will leave with a more open heart & uncluttered mind.
ZUMBA		Are you ready to party yourself into shape? Move it, shake it and rock it out with red-hot dance steps and pulsating Latin and world rhythms!

GROUP EXERCISE POLICIES

All classes are free for members 13 years of age and older unless noted.
 Class sign ups begin 24 hours prior to class start time and are for members only.
 To reserve a spot, call the Eastside Welcome Center at (203)269-4497.
 Any member who is not in class at the beginning of class will lose their spot.
 Class format and instructors are subject to change without notice.

ROOM CAPACITY/EQUIPMENT AVAILABILITY LIMITS CLASS SIZE

Spin Room and Community Room = 18 Participants

Group Ex Studio = 22 Participants

Lap and Therapy Pools = 24 Participants

SHARE YOUR YMCA LOVE and BRING A FRIEND TO CLASS FOR FREE!



Try Small Group Training for FREE at the Westside Branch!