

WEST SIDE BRANCH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00AM SPINNING Sue [S]	6:00-7:00AM LES MILLS BODYPUMP Sue [X] ≠	6:00-6:45AM SPINNING Tina C [S]	6:00-7:00AM Rise & Grind Kristie [X]	6:00-7:00AM LES MILLS BODYPUMP Sue [X] ≠		
8:30-9:20AM Stronger Longer Frank [X]	9:00-9:45AM SPINNING Emily [S]	8:15-9:15AM YOGA Flow Christina [X]	9:00-9:45AM SPINNING Lisa [S]	8:00-9:00AM YOGA Basic Christina [X]	8:00-8:45AM ZUMBA Vince [X]	8:30-9:30AM SPINNING Kim [S]
9:35-10:35AM LES MILLS BODYPUMP Tina N [X] ≠	9:00-9:30AM RUMBLE Meme [X]	9:30-10:30AM LES MILLS BODYPUMP Lisa [X] ≠	9:00-9:45AM Cardio Rhythm Meme [X]	9:05-10:05AM RIPPED Noreen [X]	8:30-9:30AM SPINNING Susan [S]	8:45-9:30AM ZUMBA Kathy D [X]
	9:35-10:35AM RIPPED Colleen [X]		9:50-10:35AM Total Body Conditioning Lisa [X]	9:15-10:00AM SPINNING Kathleen [S]	8:50-9:35AM PSOX LIVE! Candice [X]	9:35-10:35AM YOGA Flow George [X]
				10:10-11:00AM ZUMBA Kathy M [X]	9:30-10:30AM YOGA Flow Staff [G]	
1:00-2:00PM SilverSneakers Classic Phyllis [X]	1:00-1:45PM ZUMBA Gold Kathy M [X]	1:00-1:45PM SilverSneakers Classic Phyllis [X]	1:00-1:45PM ZUMBA Gold Kathy M [X]	1:00-2:00PM YOGA Chair George [X]	9:40-10:40AM LES MILLS BODYPUMP Candice [X] ≠	
		2:00-2:45PM tai chi Phyllis [X]			10:50-11:35AM POUND ROCKOUT. WORKOUT. Faith [X]	
4:30-5:00PM CORE Xpress Farrah [X]	4:45-5:30PM ZUMBA Natalie/Margaret [X]	4:30-5:30PM YOGA Flow Cathy D [X]	4:45-5:30PM CORE OF FORCE Claudia [X]		CHILD WATCH HOURS MONDAY - THURSDAY 8:30-11:30AM & 4:30-7:45PM FRIDAY 8:30-11:30AM & 4:30-7:00PM SATURDAY 8:00-11:30AM SUNDAY 8:30-11:30AM	
5:00-5:45PM INSANITY Farrah [X]	4:45-5:30PM Tread & Shred Farrah [FC]	5:30-6:30PM ZUMBA Fee [X]	5:30-6:15PM SPINNING Kim [S]	5:30-6:30PM YOGA Gentle Christina [X]	CLASS LOCATION KEY [X] = Group Exercise Studio [FC] = Fitness Center [G] = Gym [S] = Spinning Room Class formats & instructors subject to change without notice	
5:30-6:15PM SPINNING Julie [S]	5:30-6:15PM SPINNING Susan [S]	5:30-6:15PM SPINNING Sheryl [S]	5:40-6:35PM LES MILLS BODYPUMP Tina N [X] ≠		EAST SIDE BRANCH 81 S Elm Street - 203-269-4497 Mon-Fri 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	
5:50-6:35PM ZUMBA Vince [X]	5:35-6:35PM LES MILLS BODYPUMP Farrah [X] ≠	6:45-7:35PM PIYO Candice [X]	6:40-7:40PM ZUMBA Fee [X]			
6:40-7:40PM YOGA Flow Christina [X]	6:40-7:40PM YOGA Basic George [X]					
7:45-8:30PM ZUMBA Jess [X]						



Try Small Group Training for FREE!

WALLINGFORD FAMILY YMCA
www.wallingfordymca.org

CLASS DESCRIPTIONS

	Weight training workout using barbells with adjustable weights set to motivating music. An athletic workout that strengthens and defines every muscle group...beginner to experienced participants will be challenged.
Cardio Rhythm	This fun no-impact aerobic class uses different musical genres to create simple easy to follow routines. Suitable for all fitness levels.
CORE Xpress	Get a 1-2 jump on your workout using this express, 30 minute core workout. Core Xpress will focus on technique, alignment and strengthening to give you improved abdominal strength and definition.
	Mixed martial arts workout designed to slash inches off your waist and transform your entire body. Every second works your core 360 degrees to help tighten your midsection fast.
	Lead by Certified INSANITY instructors who will push you to your limits through plyometric drills with nonstop intervals of strength, power, resistance and core training moves. Get ready to Dig Deep!
	A total body strength and cardio class that incorporates personal training and functional training. Rock out to hardcore music and give it your all as you encourage each other to get in the best shape of your lives!
	Core-firming benefits of Pilates with the strength and flexibility of yoga. Low impact, fat burning. Dynamic flowing sequences that lengthen and tone muscles and increase flexibility.
	Sweat, Sculpt & ROCK with POUND, the fastest growing group fitness phenomenon inspired by the sweat-dripping, infectious, energizing fun of drumming! Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!
	"The One Stop Body Shock" that masterfully combines Resistance, (Cardio) Intervals, Power, Plyometrics, Endurance & Diet. Participants jam through class with smiles, determination & strength. Tough, but doable!
	An authentic, simple to master, cardio mixed martial arts adapted for the group class. Rumble's formulated with systematic science based techniques that are safe, effective, and FUN!
SilverSneakers Classic	Have fun and move to the music through a variety of chair exercises designed to increase muscular strength, mobility and activity for daily living skills. Hand-held weights, elastic tubing and balls are used for resistance.
	Experience all terrain challenges including hills, flat roads, switch backs, jumps speed and sprints. Great for all fitness levels.
	Discover the benefits of this ancient form of martial arts which will improve balance, agility, strength, and coordination. This unique class will help you flow through your everyday life.
Tread & Shred	A challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and inclines. Effective coaching to keep you connected to your exertion level.
Total Body Conditioning	This cross training class uses the ball and weights for a fun workout to improve your muscular strength and cardiovascular endurance.
Rise & Grind	Join Kristie for your early morning shot of adrenaline that focuses on functional movements, high intensity intervals and total body composition training. You will sweat, get leaner, and build functional strength.
Stronger Longer	A class designed to help older adults improve their muscular strength, cardiovascular strength, and flexibility. Good for beginners.
	Basic A playful class that embraces all of the beautiful movement and rhythm of yoga.
	Chair This gentle class emphasizes proper breather, correct spinal and pelvic alignment, improved balance, strength and posture.
	Gentle A slow moving, mindful class designed to fully learn to engage the breath and move with conscious awareness. Stretch and breathe your way to the ultimate stillness and relaxation.
	Flow An active yoga practice synchronizing breath with movement. Gain stability, flexibility and mindful breath work. All levels welcome.
	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!
	Tailored for active older adults. Zumba Gold offers easy to follow choreography that focuses on balance, coordination and range of motion.

GROUP EXERCISE POLICIES

All classes are FREE for members 13 & older unless noted:
 ≠ For safety reasons, class is for members ages 15 & older
 Sign ups begin 24 hours prior to class and are for members only
 To reserve a spot, call the Westside Welcome Center at 203-269-3348
 If you are not there at the start of class, your spot will be given to the first person on the waitlist
 Class format and instructors are subject to change without notice.

ROOM CAPACITY/EQUIPMENT AVAILABILITY LIMITS CLASS SIZE

Spin Room = 22 Participants Body Pump = 35 Participants

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