

WALLINGFORD FAMILY YMCA










WESTSIDE BRANCH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM Spin Sue (S)	6:00-7:00 AM Body Pump Sue (X)	6:00-6:45 AM Spin Tina C (S)	6:00-7:00 AM Rise & Grind Kristie (X)	6:00-7:00 AM Body Pump Sue (X)	7:15-8:00 AM Pound Faith (X)	8:00-8:45 AM Barre Above Nicole (X)
8:30-9:20 AM Stronger Longer <i>Seniors</i> Frank (X)	9:00-9:45 AM Spin Emily (S)	8:15-9:15 AM Yoga Flow Christina (X)	9:00-9:45 AM Spin Lisa (S)	8:00-9:00 AM Yoga Basic Christina (X)	8:00-8:45 AM Zumba Vince (X)	8:30-9:30 AM Spin Kim (S)
9:35-10:35 AM Body Pump Tina N (X)	9:35-10:35 AM RIPPED Colleen (X)	9:30-10:30 AM Body Pump Lisa (X)	9:00-9:45 AM Cardio Rhythm Staff (X)	9:05-10:05 AM RIPPED Noreen (X)	8:30-9:30 AM Spin Susan (S)	8:45-9:30 AM Zumba Kathy D (X)
1:00-2:00 PM Silver Sneakers <i>Seniors</i> Phyllis (X)	1:00-1:45 PM Zumba Gold <i>Seniors</i> Kathy (X)	1:00-1:45 PM Silver Sneakers <i>Seniors</i> Phyllis (X)	9:50-10:35 AM TBC Lisa (X)	9:15-10:00 AM Spin Kathleen (S)	8:50-9:35 AM P90X Candice (X)	9:35-10:35 AM Yoga Flow George (X)
4:30-5:00 PM Core Express Colleen (X)	4:45-5:30 PM Zumba Natalie/ Margaret (X)	2:00-2:45 PM Tai Chi Phyllis (X)	1:00-1:45 PM Zumba Gold <i>Seniors</i> Kathy (X)	10:10-11:10 AM Zumba Kathy (X)	9:40-10:40 AM Body Pump Candice (X)	
5:00-5:45 PM Insanity Fee (X)	4:45-5:30 PM Tread & Shred Catrina (FC)	4:30-5:30 PM Yoga Flow Cathy D (X)	4:45-5:30 PM Core de Force Claudia (X)	1:00-2:00 PM Yoga Chair George (X)	9:30-10:30 AM Yoga Flow Natasha (G)	
5:30-6:15 PM Spin Julie (S)	5:30-6:15 PM Spin Susan (S)	5:30-6:15 PM Spin Sheryl (S)	5:30-6:15 PM Spin Kim (S)	5:30-6:30 PM Yoga Gentle Christina (X)		8 Week Trial Class
5:50-6:35 PM Zumba Vince (X)	5:35-6:35 PM Body Pump Tina N (X)	5:30-6:30 PM Zumba Fee (X)	5:35-6:35 PM Body Pump Tina N (X)			
6:40-7:40 PM Yoga Flow Christina (X)	6:40-7:40 PM Yoga Basic George (X)	6:45-7:30 PM PiYo Candice (X)	6:40-7:40 PM Zumba Fee (X)			
7:45-8:30 PM Zumba Jess (X)						

CLASS LOCATION KEY
 (G) Gymnasium • (S) Spin Room
 (X) Group Exercise Room • (FC) Fitness Center

CHILD WATCH HOURS – Westside
Monday-Thursday
 8:30 – 11:30 AM & 4:30 – 7:45 PM
Friday
 8:30 – 11:30 AM & 4:30 – 7:00 PM
Saturday-Sunday
 8:00 – 11:30 AM

LEGEND

 CYCLING	 STRENGTH	 DANCE	 CORE
 HIGH INTENSITY	 CARDIO	 MIND/BODY	
 CARDIO/STRENGTH	 SENIOR FITNESS		

EASTSIDE BRANCH 81 S. ELM STREET (203)269-4497 M-F 4:30 AM – 9:30 PM SAT 5:00 AM – 5:00 PM SUN 7:00 AM – 5:00 PM	WESTSIDE BRANCH 8 N. TURNPIKE ROAD (203)269-3348 M-F 5:00 AM – 10:00 PM S-S 7:00 AM – 5:00 PM
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SCHEDULE EFFECTIVE: January 7, 2019

CLASS DESCRIPTIONS

Barre Above	The trifecta low impact, full body workout that incorporates lower, upper and core exercises with a focus on flexibility, balance, stability and strength.
Body Pump	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. Age 15 and older.
Cardio Rhythm	This fun no-impact aerobics class uses different musical genres to create simple easy to follow routines. Suitable for all fitness levels.
CORE Xpress	Get a 1-2 jump to 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.
Core de Force	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.
Insanity	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!
P90X	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!
PiYo	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.
POUND	Sweat, Sculpt and 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!
RIPPED	"The One Stop Body Shock" that masterfully combines Resistance, Intervals, Power, Plyometric and Endurance. Participants jam through class with smiles, determination & strength. Tough, but doable!
Silver Sneakers 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.
Spin	Experience all terrain challenges including uphill, flat roads, switch backs, jumps speed and sprints. Suitable for all fitness levels.
Tai Chi	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.
TBC Total Body Conditioning	This cross training class uses the ball, bands 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 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.
Yoga	Basic - A playful class that embraces all of the beautiful movement and rhythm of yoga. Chair - This gentle class emphasizes proper breathing, 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.
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.
Zumba Gold	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 and older unless otherwise noted.

Class sign ups begin 24 hours prior to class start time and are for members only.

To reserve a spot, call the Westside Welcome Center at (203)269-3348.

Any member who is not present at the beginning of class will lose their spot.

Group Ex Studio = 35 participants Spin Studio = 22 participants

Class format and instructors subject to change without notice.