
















































WALLINGFORD FAMILY YMCA EASTSIDE BRANCH GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00 AM  Spin Kevin (S)	5:15-6:00 AM  Spin Carl (S)	5:15-6:00 AM  Spin Jess (S)	5:15-6:00 AM  Spin Carl (S)	5:15-6:00 AM  Spin Sheryl (S)	7:00-8:00 AM  Cycle Kim (S)
8:00-9:00 AM  Yoga Cathy (X)	6:00-7:00 AM  Yoga George (X)	6:00-7:00 AM  Insanity Gabriela (X)	8:15-9:00 AM  Lo Impact Mix Kathy (CR)	8:00-9:00 AM  Water Aerobics Sue W (T)	9:00-10:30 AM Shotokan Karate Maura (X)
8:00-9:00 AM  Extreme Water Aerobics Sue C (T)	8:15-9:00 AM  Aqua Jogging Sue W (T)	8:00-9:00 AM  Water Aerobics Sue W (T)	8:15-9:00 AM  Aqua Jogging Sue W (T)	8:30-9:15 AM  Silver Sneakers Kathy (CR)	10:15-11:30 AM Krav Maga* Self Defense Gary (G)
9:00-10:00 AM  Lo Impact Cardio Dawn (CR)	8:15-9:00 AM  Lo Impact Cardio Kathy (CR)	9:00-10:00 AM  Lo Impact Cardio Sheryl (CR)	9:15-10:00 AM  Silver Sneakers Kathy (CR)	9:20-10:20 AM  Stronger Longer Frank (CR)	* Extra Fee Applies
9:15-10:15 AM  Core de Force Fee (G)	9:15-10:00 AM  Silver Sneakers Kathy (CR)	9:15-10:15 AM  YFit Fee (G)	9:30-10:30 PM  Muscle Max Colleen (X)	10:30-11:30 AM  Water Aerobics Sue C (L)	
10:30-11:30 AM  Water Aerobics Elaine (L)	9:15-10:15 AM  Pilates Eileen (X)	10:30-11:30 AM  Water Aerobics Elaine (L)	10:30-11:30 AM  Silver Sneakers Splash Phyllis (L)	5:30-6:30 PM  WOD Tricia (X)	
10:30-11:25 AM  Zumba Kathy M (X)	10:15-11:15 AM  Stronger Longer Frank (CR)	6:30-8:00 PM Krav Maga* Self Defense Gary (CR)	12:30-1:15 PM  Spin Jim (S)	CLASS LOCATION KEY (CR) Community Room • (G) Gymnasium (L) Lap Pool • (S) Spin Room • (T) Therapy Pool (X) Group Exercise Room	
6:00-7:00 PM  Muscle Max Tricia (X)	10:30-11:30 AM  Splash Phyllis (L)	CHILD WATCH HOURS – Eastside Monday-Thursday 9:00 – 11:30 AM & 4:30 – 7:30 PM Friday 9:00 – 11:30 AM & 4:30 – 7:00 PM Saturday & Sunday 8:30 – 11:30 AM			
6:30-8:00 PM Krav Maga* Self Defense Gary (CR)	12:30-1:15 PM  Spin Jim (S)			LEGEND  CYCLING  STRENGTH  MIND/BODY  DANCE  HIGH INTENSITY  SWIMMING  SR FITNESS	
5:45-6:30 PM  WOD Tricia (X)	5:30-6:30 PM Zumba Simone (X)	the  YMCA			
6:45-7:30 PM  Tone & Trim Tricia (X)	7:00-8:45 PM Shotokan Karate Maura (X)			<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> 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 </td> <td style="width: 50%; padding: 5px;"> WESTSIDE BRANCH 8 N. TURNPIKE ROAD (203)269-3348 M-F 5:00 AM – 10:00PM S-S 7:00 AM – 5:00 PM </td> </tr> </table>	
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 – 10:00PM S-S 7:00 AM – 5:00 PM				
7:30-9:00 PM Shotokan Karate Maura (X)					

SCHEDULE EFFECTIVE

May 6, 2019

CLASS DESCRIPTIONS

Aqua Jogging	A high energy fun fitness class that will challenge you from beginning to end!
Core De Force/P90X	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!
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 your muscles while improving your aerobics capabilities and having fun!
Insanity	Push your limits through plyometric drills with non-stop intervals of strength, power, resistance and core training moves. Get ready to dig deep!
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.
Lo 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 work with emphasis on the core muscles (abdominals and lower 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 fitness levels.
Silver Sneakers	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 activity 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.
Spin/Cycle	Experience all terrain challenges including hills, flat roads, switch backs, jumps speed and sprints. No prior experience needed. Suitable for all levels.
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 use with high rep/low weigh 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.
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.
YFit	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 placed vinyasa class with the intention to cultivate balance, strength and flexibility. You will leave with a more open heart and 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 present at the beginning of class will lose their spot.

Spin Room = 18 participants

Group Ex Studio = 22 participants

Lap and Therapy Pools = 24 participants

Class format and instructors are subject to change without notice.