

# WALLINGFORD FAMILY YMCA GROUP EXERCISE SCHEDULE

## VIRTUAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:00-8:45AM Spinning Kim 286-552-6517 PW: 699476	8:30-9:15AM Spinning Kim 286-552-6517 PW: 699476
						9:00-9:45AM Zumba Jenni Y Wellness 24/7
					11:00-11:45AM Shotokan Karate Maura 955-430-5900 PW: SenseiWay	
12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216		12:00-12:45PM Mindfulness for Muscles Maura 955-430-5900 PW: SenseiWay	
4:30-5:15PM Core, Cardio & More Cat Y Wellness 24/7	4:30-5:30PM Tread & Shred Cat Y Wellness 24/7		4:30-5:00PM Cardio HIIT Cat Y Wellness 24/7			
5:30-6:15PM Spinning Kim 286-552-6517 PW: 699476		5:30-6:15PM Spinning Kim 286-552-6517 PW: 699476				
			6:15-7:00PM Zumba Jenni Y Wellness 24/7			
7:00-7:45PM Zumba Kaitlyn Y Wellness 24/7	7:00-7:45PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay		7:15-8:00PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay			



**UPDATED  
MAY 3, 2021**

Virtual Classes are held on Zoom or Y Wellness 24/7

PLEASE NOTE: You need an internet connection to take part in our Virtual Classes

HOW TO USE ZOOM	
Step 1	Open your web browser
Step 2	Go to <a href="https://join.zoom.us">join.zoom.us</a>
Step 3	Enter your Meeting ID Meeting ID --> 521-967-6068 Password --> PW: 262216
Step 4	Click Join
Step 5	Enter Password
Step 6	Have fun!

HOW TO USE Y WELLNESS 24/7	
Step 1	Register at <a href="https://wallingfordymca.org">wallingfordymca.org</a>
Step 2	Sign in at <a href="https://well.burnalong.com">well.burnalong.com</a>
Step 3	Find class under "Y Wellness 24/7 - Live"
Step 4	Click Join Class
Step 5	Have fun!

### GROUP EXERCISE CLASS POLICIES

Masks are **REQUIRED** in our facilities, including during all in-person fitness classes.

You must bring your own mat.

Registration is **REQUIRED** for in-person fitness classes.














#### ROOM CAPACITY & EQUIPMENT AVAILABILITY LIMITS CLASS SIZE

Aerobics Studio & Gymnasium - 15 Participants

Lap Pool - 9 Participants

Teaching Pool - 4 Participants

## EAST SIDE BRANCH
































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00-8:45AM  Aqua Fit Sue [TP]		8:00-8:45AM  Aqua Fit Sue [TP]	
9:00-9:45AM  Chair Yoga George [G]	8:30-9:15AM Lo Impact Cardio Kathy P [G]	9:00-9:45AM  Tai Chi George [G]	8:30-9:15AM Lo Impact Cardio Kathy P [G]	8:30-9:15AM Group Resistance Kathy P [G]
9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]
10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]
	11:00-11:45AM  SSneakers Splash Phyllis [LP]		11:00-11:45AM  SSneakers Splash Phyllis [LP]	
				1:00-1:45PM  Chair Yoga George [G]

Class Types	
	BeachBody
	Les Mills
	SilverSneakers
	Spinning
	Water Aerobics
	Yoga
	Zumba

East Side Locations	
[G]	Gymnasium
[LP]	Lap Pool
[TP]	Teaching Pool

West Side Locations	
[A]	Aerobics Studio
[B]	Basketball Court
[V]	Virtual

## WEST SIDE BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15-6:00AM  Spinning Carl [A]		5:15-6:00AM  Spinning Carl [A]	5:15-6:00AM  Spinning Sheryl [A]		
6:00-6:45AM  Les Mills BodyPump Sue [A]		6:00-6:45AM  Spinning Sue [A]		6:15-7:00AM  Les Mills BodyPump Sue [A]		
8:00-8:45AM  Yoga Flow Cathy [A]		8:00-8:45AM  Yoga Christina [A]	8:15-9:00AM  Yoga Flow Cathy [A]	8:00-8:45AM  Yoga Christina [A]	8:00-8:45AM  Spinning Kim [A/V]	8:30-9:15AM  Spinning Kim [A/V]
9:15-10:00AM R.I.P.P.E.D. Kaitlyn [A]		9:30-10:15AM  Les Mills BodyPump Lisa [A]	9:30-10:15AM Interval Training Lisa [A]	9:30-10:15AM  Zumba Gold Kathy [A]	9:30-10:15AM  Les Mills BodyPump Candice [A]	9:45-10:30AM  Yoga Flow George [A]
		11:00-11:45AM Lo Impact Cardio & Strength Lisa [A]			11:00-11:45AM  Yoga Flow George [A]	11:00-11:45AM  Les Mills BodyPump Lisa [A]
	12:30-1:15PM  Spinning Jim [A]	12:15-1:00PM Lo Impact Cardio & Strength Lisa [A]	12:30-1:15PM  Spinning Jim [A]			
1:00-1:45PM  Zumba Gold Kathy [A]		1:00-1:45PM  SSneakers Classic Phyllis [B]		1:00-1:45PM  Zumba Gold Kathy [A]		
4:30-5:15PM Core, Cardio & More Cat [A/V]		4:30-5:15PM  PiYo Candice [A]	4:30-5:00PM Cardio HIIT Cat [A/V]			
5:30-6:15PM  Spinning Kim [A/V]	5:00-5:45PM  P90X Candice [A]	5:30-6:15PM  Spinning Kim [A/V]	5:15-6:00PM  Les Mills BodyPump Tina N [A]	5:30-6:15PM  Yoga Christina [A]		
			6:15-7:00PM  Zumba Jenni [A/V]			
7:00-7:45PM  Zumba Kaitlyn [A/V]	7:00-7:45PM Shotokan Karate Maura [A/V]		7:15-8:00PM Shotokan Karate Maura [A/V]			

**RESERVATIONS ARE REQUIRED**  
Reserve your spot today  
Visit [www.wallingfordymca.org](http://www.wallingfordymca.org)  
Call 203-269-4497



UPDATED  
MAY 3, 2021