



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

WINTER 2017  
NEW BRITAIN YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Indoor Cycling 5:30AM – 6:00AM Cycling Studio (Cheryl)	Indoor Cycling 5:30AM – 6:15AM Cycling Studio (Alexa)	Indoor Cycling 5:30AM – 6:00AM Cycling Studio (Cheryl)	Indoor Cycling 5:30AM – 6:15AM Cycling Studio (Alexa)		Deep Water Walking 8:00AM – 9:00AM (Diane B)	
Boot Camp 6:00AM – 6:30AM Aerobic Studio (Cheryl)	Barbell Strong 6:00AM – 6:45AM Aerobic Studio (Mark)	Boot Camp 6:00AM – 6:30AM Aerobic Studio (Cheryl)	AB Blast 6:00AM – 6:30AM Aerobic Studio (Cheryl)	Barbell Strong 5:45AM – 6:30AM Aerobic Studio (Mark)	Yoga 8:00AM – 9:00AM Lower Level Yoga Studio (Mary)	
					Bike-O-Vision 8:15AM – 9:00AM Cycling Studio (Michelle)	
Water Aerobics 8:00AM – 9:00AM	Water Aerobics 8:00AM – 9:00AM	Water Aerobics 8:00AM – 9:00AM	Water Aerobics 8:00AM – 9:00AM	Water Aerobics 8:00AM – 9:00AM	Zumba @ 9:00AM – 9:45AM Aerobic Studio (Giovanni/Yarelis)	
Stretch and Flex 9:00AM – 10:00AM Aerobic Studio (Bob)	Senior Fit- Chair Yoga 9:00AM – 10:00AM Aerobic Studio (George)	Stretch and Flex 9:00AM – 10:00AM Aerobic Studio (Bob)	Senior Fit 9:00 AM – 10:00AM Aerobic Studio (Bob)	Senior Fit-Taichi 9:00AM – 10:00AM Aerobic Studio (George)		Intro Crossfit 9:30AM – 10:15AM Synrgy Studio (Annie O)
			Aqua Zumba 9:00AM – 10:00AM (Diane B)			Piloxing 10:30AM – 11:15AM Aerobic Studio (Annie O)
Silver Sneakers 10:15AM – 11:00AM Aerobic Studio (Bob)		Silver Sneakers 10:15AM – 11:00AM Aerobic Studio (Bob)	Zumba Gold @ 10:15AM – 11:00AM Aerobic Studio (Diane B)			
	S.W.E.A.T. 5:30PM – 6:15PM Aerobic Studio (Agnes)		S.W.E.A.T. 5:30PM – 6:15PM Aerobic Studio (Agnes)			
Zumba @ 5:45PM – 6:30PM Aerobic Studio (Diana M)	Cut and Core 6:15PM – 6:45PM Aerobic Studio (Diana M)	Yoga 5:45PM – 6:45PM Lower Level Yoga Studio (Jean)	The Bottom Line 6:15PM – 6:45PM Aerobic Studio (Diana)	Zumba @ 5:45PM – 6:30PM Aerobic Studio (Diana M)		
Indoor Cycling 6:00PM – 6:45PM Cycling Studio (Beky)	Bike-O-Vision 6:00PM – 6:45PM Cycling Studio (Michelle)	Indoor Cycling 6:00PM – 6:45PM Cycling Studio (Beky)	Bike-O-Vision 6:00PM – 6:45PM Cycling Studio (Michelle)	Yoga 6:30PM-7:30PM Lower Level Yoga Studio (Mary)		
Insanity 6:45PM – 7:15PM Aerobic Studio (Beky)	Yoga 6:45PM-7:45PM Lower Level Yoga Studio (Jean)	Insanity 6:45PM – 7:15PM Aerobic Studio (Beky)	Pilates 6:45PM – 7:30PM Aerobic Studio (Diana M)			
Aqua Zumba @ 7:00PM – 7:45 PM (Diane B)	Zumba @ 6:45PM – 7:30PM Aerobic Studio (Giovanna)		Aqua Zumba 7PM – 7:45PM (Kasia)			
Yoga 7:30PM – 8:30PM Lower Level Yoga Studio (George)	Functional Fitness: Y360 7:00PM – 7:30PM Synrgy Studio (Diana M)	Zumba Toning @ 7:15PM – 8:00PM Aerobic Studio (Malee)				

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<b>Bike-O-Vision</b>	Experience indoor cycling cardio fitness in a whole new way! Travel the world on a virtual cycling adventure with Bike-O-Vision.
<b>Boot Camp</b>	A high intensity workout that emphasizes muscular and cardiovascular endurance. This 30 minute class utilizes plyometric and callisthenic exercises in tandem with dumbbells, steps and your own body weight.
<b>The Bottom Line</b>	A 30 minute express workout targets the glutes, hams, and quad muscles for a stronger and leaner lower body.
<b>Chair Yoga</b>	Gentle form of Hatha yoga sitting or standing using a chair for support and adaptive poses.
<b>Cut and Core</b>	A 30 minute express workout targets your abdominals, obliques and lower back.
<b>Extreme Pool Fitness</b>	An aqua based class that integrates cardio kick boxing moves with weight lifting power moves using pool weights and water resistance to maximize effort!
<b>Functional Fitness: Y360</b>	The Y360 offers comprehensive and intense workout routines in a small group setting.
<b>Indoor Cycling</b>	Indoor Cycling is a motivating group workout with energizing music which mimics all aspects of road biking.
<b>Insanity</b>	A 30-minute, high intensity, cardio based, total body conditioning program. These workouts include plyometric drills targeting strength, power and resistance moves.
<b>Intro Crossfit</b>	Constantly varied, high intensity, functional movements designed for all ages and abilities guaranteed to bring your fitness to a whole new level.
<b>Pilates</b>	Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body.
<b>Piloxing</b>	A mix of pilates and boxing moves producing a fat torching core centric interval workout.
<b>Senior Aqua Fit</b>	The popular senior oriented class will improve your energy and fitness level with no impact on your joints. This shallow water fitness class emphasizes stretching and cardiovascular health to improve coordination and energy levels.
<b>Senior Fit</b>	A low impact 45-minute class designed for older adults who want to enhance their ability to perform activities of daily living. This class focuses on strengthening the muscles, balance, posture and cardiovascular health through the use of light weights and mobility exercises.
<b>Silver Sneakers Classic</b>	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.
<b>Stretch &amp; Flex</b>	A low impact 1-hour class is excellent for beginners new to the fitness world. The class includes light stretching, focusing on specific muscle groups throughout the body, progressing to a light weight routine.
<b>S.W.E.A.T.</b>	S.W.E.A.T. means Strength through Weights, Endurance through Aerobics Training. This multifaceted class is always new and always a challenge. Push yourself further as you SWEAT.
<b>Tai Chi</b>	A Chinese martial art and form of stylized meditative exercise focusing on movement and bodily balance.
<b>Water Aerobics</b>	This exercise class is gentle on your joints while helping you to get into shape. This program targets the whole body but primarily focuses on the legs and hips to improve flexibility and strength.
<b>Yoga</b>	Balance the spirit, mind and body with a series of prescribed poses, controlled breathing and meditation. Come find your inner peace!!
<b>Zumba®</b>	Come join the ultimate DANCE PARTY!! Latin inspired rhythms and dance movements make this high energy workout a must.

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