



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

WINTER 2018
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 Dance 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/Body Blast 9:00AM – 9:45AM Aerobic Studio (Giovanni/Diana)	
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 (Agnes)	Functional Fitness: Y360 7:00PM – 7:30PM Synrgy Studio (John) (Will begin 1/18)			

NEW BRITAIN-BERLIN YMCA

50 High Street New Britain, CT 06051

P 860 229 3787 F 860 225 8063 W nbymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Bike-O-Vision	Experience indoor cycling cardio fitness in a whole new way! Travel the world on a virtual cycling adventure with Bike-O-Vision.
Boot Camp	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.
The Bottom Line	A 30 minute express workout targets the glutes, hams, and quad muscles for a stronger and leaner lower body.
Chair Yoga	Gentle form of Hatha yoga sitting or standing using a chair for support and adaptive poses.
Cut and Core	A 30 minute express workout targets your abdominals, obliques and lower back.
Extreme Pool Fitness	An aqua based class that integrates cardio kick boxing moves with weight lifting power moves using pool weights and water resistance to maximize effort!
Functional Fitness: Y360	The Y360 offers comprehensive and intense workout routines in a small group setting.
Indoor Cycling	Indoor Cycling is a motivating group workout with energizing music which mimics all aspects of road biking.
Insanity	A 30-minute, high intensity, cardio based, total body conditioning program. These workouts include plyometric drills targeting strength, power and resistance moves.
Intro Crossfit	Constantly varied, high intensity, functional movements designed for all ages and abilities guaranteed to bring your fitness to a whole new level.
Pilates	Pilates is a method of exercise and physical movement designed to stretch, strengthen and balance the body.
Piloxing	A mix of pilates and boxing moves producing a fat torching core centric interval workout.
Senior Aqua Fit	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.
Senior Fit	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.
Silver Sneakers Classic	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.
Stretch & Flex	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.
S.W.E.A.T.	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.
Tai Chi	A Chinese martial art and form of stylized meditative exercise focusing on movement and bodily balance.
Water Aerobics	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.
Yoga	Balance the spirit, mind and body with a series of prescribed poses, controlled breathing and meditation. Come find your inner peace!!
Zumba®	Come join the ultimate DANCE PARTY!! Latin inspired rhythms and dance movements make this high energy workout a must.

NEW BRITAIN-BERLIN YMCA

50 High Street New Britain, CT 06051

P 860 229 3787 F 860 225 8063 W nbymca.org