



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Torrington YMCA Group Exercise Schedule December 2018



www.nwctY.org

Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 AM Pilates Karry			6:15 AM Pilates Karry
8:45 AM New Time! BURN Janice	9 AM SilverSneakers Dick	8:45 AM New Time! BURN Janice	9 AM BURN Dick	9 AM Movement to the Classics Tamari
10 AM SilverSneakers Classic Dick	10:15 AM SilverSneakers Chair Yoga Roseann	10 AM SilverSneakers Classic Dick	10:15 AM SilverSneakers Chair Yoga Roseann	10 AM SilverSneakers Classic Laura
12 PM PowerPump Greg	12 PM Hatha Yoga Roseann	12 PM All Levels Yoga Tamari	12 PM Hatha Yoga Roseann	11 AM Steady and Fit Laura
1:30 PM SilverSneakers Classic Janice	4 PM Body Sculpt Jackie		4 PM Body Sculpt Jackie	12 PM PowerPump Greg
4:30 PM Hatha Yoga Barbara	5:15 PM New Time! Full Body Conditioning Janice	5:30 Bootcamp Kiley	5 PM Hatha Yoga Barbara	
5:30 Zumba Andria			6:15 PM HIIT IT! Stephanie	

Attention Members

Please look at the canceled class list for each branch, these are printed at the facility and will be on our website.


Classes canceled after posted will be sent in an email to the members. To sign up for emails please visit our website.

www.nwcty.org

The Y will be closed for December 25th and closing at 2:00pm on both the 24th and 31st

Happy Holidays!

Indoor Cycling Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Janice 8:00A	2 Janice 8:00A (45 min)
3 Janice 5:45A Denise 7:30A Jessica 12P	4 Melissa 5:45A Greg 12P Katie 6P	5 Linwood 5:45A Denise 7:30A Stephanie 12P	6 Melissa 5:45A Linwood 12P Katie 6P	7 Linwood 5:45A Denise 7:30A	8 Janice 8:00A	9 Janice 8:00A (45 min)
10 Janice 5:45A Denise 7:30A Jessica 12P	11 Melissa 5:45A Linwood 12P Katie 6P	12 Jenna 5:45A Denise 7:30A Jessica 12P	13 Melissa 5:45A Greg 12P Katie 6P	14 Dana 5:45A Denise 7:30A	15 Linwood 8:00A	16 Linwood 8:00A (45 min)
17 Janice 5:45A Denise 7:30A Jessica 12P	18 Melissa 5:45A Greg 12P Katie 6P	19 Jenna 5:45A Denise 7:30A Jessica 11A (45min)	20 Melissa 5:45A Greg 12P Katie 6P	21 Dana 5:45A Denise 7:30A	22 Linwood 8:00A	23 Linwood 8:00A (45 min)
24 Janice 5:45A Denise 7:30A Jessica 12P	25 Happy Holidays! 	26 Linwood 5:45A Denise 7:30A Jessica 12P	27 Melissa 5:45A Greg 12P Katie 6P	28 Linwood 5:45A Denise 7:30A	29 Linwood 8:00A	30 Janice 8:00A (45 min)
31 Janice 5:45A Denise 7:30A Jessica 12P						

Group Exercise Class Descriptions

HATHA YOGA- For 60 minutes, you'll be guided through Pranayama (charging and balancing breathing exercises), Sun Salutations, a series of Yoga Asanas (steady postures) and an extended final relaxation.

Full Body Conditioning - This full body class will make the common "tough spots" the focus of the workout while mixing in some conditioning to create a well rounded workout. If you're looking for a focused approach to fitness in a group exercise setting, you will find it with this class.

HIIT IT! - Get ready to Dig Deep and push past your limits, completing a series of explosive, dynamic drills to get you in the best shape of your life! It's athletic, challenging, results driven and more importantly, fun!

BURN- A great workout for both cardiovascular conditioning and muscular strength building.

PILATES - A series of controlled movements designed to provide improved flexibility and strength for overall conditioning as well as mental relaxation

SILVER SNEAKERS®-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

BODY-SCULPT- A great workout for both cardiovascular conditioning and muscular conditioning. Combines step workout with intervals of targeted resistance exercise.

ALL LEVELS YOGA - Achieve stress reduction and improve your balance and flexibility through gentle movements.

POWER PUMP- A 60 minute, low impact class consisting of strength training, cardiovascular conditioning, and core work.

Steady and Fit – This class is for anyone who wants to get stronger and improve their balance. The class includes walking drills, wall exercises and balance routines using weights, balls and cones.

INDOOR CYCLING –Your instructor will lead you on a journey performed to music. All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early.

RECOVERY-Flexibility and stretching techniques will be taught as well as foam rolling movements to help participants recover faster and become less sore!

ZUMBA- Everybody loves this Latin dance inspired cardio class! Build endurance and stamina while working on toning of the legs through movements that are fun all to great music.

Our Mission-The mission of the YMCA is to build a healthy spirit, mind and body, in children and adults, through programs that foster caring, honesty, respect and responsibility.

Our Cause-The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal & social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

December-Torrington Branch Group Exercise Substitutions

Class	Day/Time	Substitute
Body Sculpt	Thursday, Dec 13 th 4:00pm	TBD
HIIT IT!	Thursday, Dec 13 th 6:15pm	TBD
Body Sculpt	Tuesday, Dec 18 th 4:00pm	TBD
Hatha Yoga	Thursday, Dec 20 th 4:30pm	Cancelled
PowerPump	Friday, Dec 21 st 12:00pm	Dick
PowerPump	Monday, Dec 24 th 12:00pm	Dick