



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Torrington YMCA Group Exercise Schedule January 2019



www.nwctY.org

Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 AM Pilates Karry			6:15 AM Pilates Karry
8:45 AM BURN Janice	9 AM SilverSneakers Stephanie	8:45 AM BURN Janice	9:15 AM BURN Jess	9 AM Movement to the Classics Tamari
10 AM SilverSneakers Classic Denise	10:15 AM SilverSneakers Chair Yoga Roseann	10 AM SilverSneakers Classic Stephanie	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 Full Body Conditioning Janice	5:30 Bootcamp Kiley	5:05 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.

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Indoor Cycling Calendar

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

Group Exercise Class Descriptions

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

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

BOOTCAMP - A combination of strength, cardio, muscle endurance, flexibility, core, and functional movement patterns. Each class is designed to be different, push you out of your comfort zone, and work your body head-to-toe!

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.

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.

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!

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.

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

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

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.

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.

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

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.

January-Torrington Branch Group Exercise Substitutions

Class	Day/Time	Substitute
Burn	January 3 rd /17 th /31 st 9:15am	Kiley
PowerPump	Monday, January 7 th 12:00pm	Janice
Body Sculpt	Thursday, January 10 th 4:00pm	Stephanie
PowerPump	Monday, January 21 st 12:00pm	Janice