



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Winsted YMCA Group Exercise Schedule

www.nwctY.org



**January 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					5:45 AM <b>INDOOR CYCLING NEW!!</b> Julia	
8:30 AM <b>INDOOR CYCLING NEW!!</b> Julia	8:00 AM <b>INDOOR CYCLING</b>  Caitlin			8:30 AM <b>INDOOR CYCLING</b>  Ernie	8:00 AM <b>Bootcamp</b>  Caitlin	8:00 AM <b>INDOOR CYCLING</b>  Jenna
		9:00 AM <b>Silver Sneakers Circuit</b>  Gay	9:00 AM <b>INDOOR CYCLING</b>  Ernie	9:30 <b>Burn</b>  Ernie	9:00 AM <b>INDOOR CYCLING</b>  Caitlin	9:00 AM <b>Mixed Level Yoga</b>  Jenna
10:00 AM <b>Family Yoga NEW!!</b> Jennifer	10:30 AM <b>Silver Sneakers Circuit</b>  Gay	10:30 AM <b>Silver Sneakers Classic</b>  Caitlin	10:15 AM <b>Hatha Yoga</b>  Roseann	10:30 AM <b>Silver Sneakers Classic</b>  Caitlin	10:15 AM <b>Hatha Yoga</b>  Roseann	
	11:45 AM <b>Balanced Body BARRE</b>  Gayle	11:45 AM <b>Tai Chi</b>  Joseph	11:30 AM <b>Silver Sneakers Circuit</b>  Gay	11:45 AM <b>Tai Chi</b>  Joseph	11:30 AM <b>Silver Sneakers Circuit</b>  Gay	
			5:30 PM <b>Cardio, Strength &amp; Abs</b>  Lorraine	5:30 PM <b>Balanced Body BARRE</b>  Gayle		
	6:30 PM <b>INDOOR CYCLING</b>  Caitlin	6:00 PM <b>Guts &amp; Butts NEW!!</b> Debbie	6:30 PM <b>ZUMBA NEW!!</b> Andria	6:30 PM <b>INDOOR CYCLING</b>  Jenna	6:00 PM <b>Body Remix!</b>  Lorraine	
	7:30 PM <b>Bootcamp</b>  Caitlin					

### Attention Members

The Y will be **CLOSED** on January 1<sup>st</sup> for New Year's Day. For all other class cancellations please visit our website at [www.nwcty.org](http://www.nwcty.org) or contact us at 860-379-0708.

## Winsted YMCA Group Exercise Class Descriptions

**GUTS & BUTTS-** Strong glutes and a solid core look great, but the benefits go far beyond aesthetics. This class will challenge these important muscles using a variety of techniques including bands, weights, bodyweight and cardio. Improve your posture, balance, and reduce your risk of injury by getting your butt and gut strong and sculpted!

**ZUMBA-** Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training, alternating fast and slow rhythms — and resistance training.

**FAMILY YOGA-** Yoga is a great activity that the whole family can enjoy together! We'll support our strong and healthy bodies with partner poses, group poses, challenging poses, and fun yoga games. No previous experience is necessary, and all levels are welcome!

**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.

**BOOTCAMP-** Join this 60 minute class specifically dedicated to strength and interval training. Learn various techniques on how to properly use strength equipment to improve your fitness and education at the Y!

**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.

**BURN-** A great 30 minute workout for both cardiovascular conditioning and muscular strength building. Combines step workout with intervals of targeted resistance exercise.

**CARDIO, STRENGTH, & ABS** – This is a high intensity, hour long class consisting of strength training, cardiovascular conditioning, and core work for 20 seconds and then a rest for 10 seconds. Participants will repeat exercises in this format for up to 5 minutes to really challenge the body!

**INDOOR CYCLING** – Indoor stationary cycling at its best. All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early and make the instructor aware that you are a novice. Please wear comfortable clothes and stiff soled athletic shoes or cycling shoes, and don't forget your water bottle!

**BODY REMIX!** This class uses a combination of floor and standing exercises designed to improve muscular strength, flexibility and cardiovascular health by focusing on functional exercises that will help you continue your daily activities, maintain an independent lifestyle, and avoid injuries. Everyone is welcome, regardless of your fitness/mobility level!

**MIXED LEVEL YOGA-** This class combines many techniques based on its participants and changes each time. Members will discover new ways to relax and stretching techniques reducing stress and promoting a healthy mind and spirit.

**TAI CHI-** An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing.

**Balanced Body BARRE-** Balanced Body Barre™ is a high energy fusion of Ballet Barre exercises, sculpting, Pilates, and yoga principles. Set to lively music, the class will focus on strength, stretch, posture, and balance.

**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.