

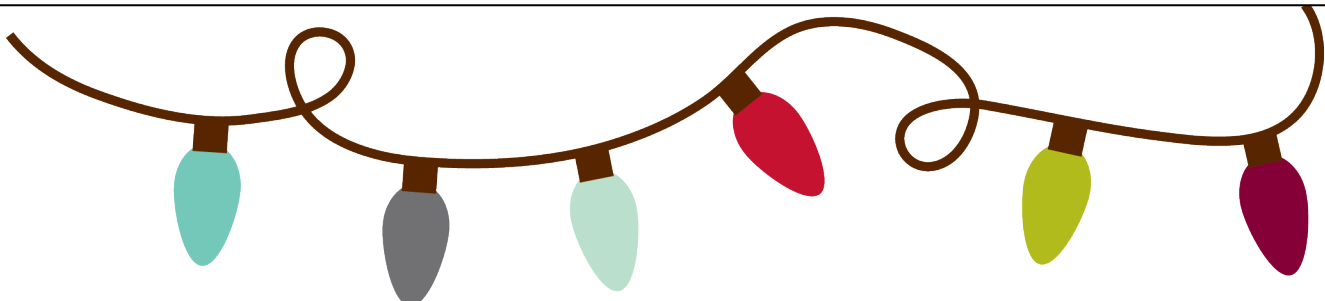


December 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM INDOOR CYCLING Caitlin			8:30 AM INDOOR CYCLING Ernie	8:00 AM Bootcamp Caitlin	8:00 AM INDOOR CYCLING Jenna
	9:00 AM SilverSneakers Classic Gay	9:00 AM INDOOR CYCLING Ernie	9:30 Burn Ernie	9:00 AM INDOOR CYCLING Caitlin	9:00 AM Mixed Level Yoga Jenna
10:30 AM SilverSneakers Circuit Gay	10:30 AM SilverSneakers Classic Caitlin	10:15 AM Hatha Yoga Roseann	10:30 AM SilverSneakers Classic Caitlin	10:15 AM Hatha Yoga Roseann	
11:45 AM Balanced Body BARRE Gayle	11:45 AM Tai Chi Joseph	11:30 AM SilverSneakers Circuit Gay	11:45 AM Tai Chi Joseph	11:30 AM SilverSneakers Circuit Gay	
5:00 PM Mixed Level Yoga Jennifer		5:30 PM Cardio, Strength & Abs Lorraine	5:30 PM Balanced Body BARRE Gayle		
6:30 PM INDOOR CYCLING Caitlin	6:15 PM HIIT It! Sherry		6:30 PM INDOOR CYCLING Jenna	6:00 PM Body Remix! Lorraine	
7:30 PM Bootcamp Caitlin					

Attention Members

The Y will be closing at 2 PM on December 24th for Christmas Eve and December 31st for New Year's Eve. We will be CLOSED on December 25th for Christmas.



Winsted YMCA 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.

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. 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 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.

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!

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.

NEW!! 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.