



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Torrington YMCA Group Exercise Schedule September 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 Tabata Stephanie	8:45 AM BURN Janice	9:15 AM BURN Stephanie/Jessica (45 Min)	8:45 AM Core & More Denise
10:15 AM SilverSneakers Cardio Stephanie	10:15 AM SilverSneakers Chair Yoga Roseann	10 AM SilverSneakers Cardio 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	5:15 PM Step & Core Denise	5:05 PM Hatha Yoga Barbara	
5:30 PM Movement to the Classics Tamari		6:15 PM Spin & Strength Janice		

#### 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](http://www.nwcty.org)

### Indoor Cycling Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b> Janice 8:00A
<b>2</b> <b>No Classes</b> <b>Happy</b> <b>Labor Day!</b>	<b>3</b> Melissa 5:45A Greg 12P Katie 6P	<b>4</b> Linwood 5:45A Denise 7:30A Jessica 12P Spin&Strength- 6:15P	<b>5</b> Melissa 5:45A Greg 12P Katie 6P	<b>6</b> Linwood 5:45A Denise 7:30A	<b>7</b> Janice 8:00A	<b>8</b> Janice 8:00A
<b>9</b> Janice 5:45A Denise 7:30A Jessica 12P Denise 5:15P	<b>10</b> Melissa 5:45A Janice 12P Katie 6P	<b>11</b> Linwood 5:45A Denise 7:30A Jessica 12P Spin&Strength- 6:15P	<b>12</b> Melissa 5:45A Greg 12P Katie 6P	<b>13</b> Linwood 5:45A Denise 7:30A	<b>14</b> Janice 8:00A	<b>15</b> Janice 8:00A
<b>16</b> Janice 5:45A Denise 7:30A Jessica 12P Denise 5:15P	<b>17</b> Melissa 5:45A <b>NO CLASS 12P</b> Katie 6P	<b>18</b> Janice 5:45A Denise 7:30A Denise 12P Spin&Strength- 6:15P	<b>19</b> Melissa 5:45A Greg 12P Katie 6P	<b>20</b> Janice 5:45A Denise 7:30A	<b>21</b> Linwood 8:00A	<b>22</b> Janice 8:00A
<b>23/30</b> Janice 5:45A Denise 7:30A Jessica 12P Denise 5:15P	<b>24</b> Melissa 5:45A Greg 12P Katie 6P	<b>25</b> Janice 5:45A Denise 7:30A Denise 12P Spin&Strength- 6:15P	<b>26</b> Melissa 5:45A Greg 12P Katie 6P	<b>27</b> Janice 5:45A Denise 7:30A	<b>28</b> Janice 8:00A	<b>29</b> Janice 8:00A

## 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!

**CORE and MORE** – This class utilizes the Physio-Ball to ensure that every part of your core is thoroughly challenged. On top of working your abs and core stability you will also tie in upper body strength movements to give you a challenging, yet well rounded low impact workout.

**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.

**SPIN and STRENGTH**- A fun fusion of the fat-burning cardio blast of spinning and the muscle endurance and sculpting of resistance training. All fitness levels are welcome. Get ready to sweat and feel the burn!

**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.

**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.

## September-Torrington Branch Group Exercise Substitutions

Class	Day/Time	Substitute
PowerPump	Friday, September 6 <sup>th</sup> 12:00P	Cancelled
PowerPump	Monday, September 9 <sup>th</sup> 12:00P	Stephanie
Hatha Yoga	Thursday, September 12 <sup>th</sup> 5:05P	Cancelled
PowerPump	Monday, September 23 <sup>rd</sup> 12:00P	Stephanie
PowerPump	Monday, September 30 <sup>th</sup> 12:00P	Stephanie