

WINSTED GROUP EXERCISE & CYCLING SCHEDULE SUMMER 2020



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM Bodyweight Strength & Conditioning Janice					
7:00 AM Indoor Cycling Caitlin (Starting 8/3)	7:00 AM Cardio Kickboxing Dave (Starting 8/3)	7:00 AM Indoor Cycling Caitlin (Starting 8/3)		8:30 AM Indoor Cycling Ernie	
9:00 AM Tai Chi Joe	9:00 AM SilverSneakers Classic Caitlin	9:00 AM Tai Chi Joe	9:00 AM SilverSneakers Classic Caitlin (Starting 8/3)		
10:00 AM SilverSneakers Classic Tamari		10:00 AM SilverSneakers Classic Tamari	10:00 AM SilverSneakers Classic Tamari		
			10:30 AM Chair Yoga Diane		
	11:00 AM Tai Chi Joe		11:00 AM Tai Chi Joe		
4:30 PM All Levels Yoga Barbara		5:00 PM Bodyweight Strength & Conditioning Janice		5:00 PM All Levels Yoga in the Park Barbara	
6:00 All Levels Yoga Stacy		5:30 PM Cardio Strength & Abs Lorraine			

Attention Members

To allow for social distancing, registration is now required for participation in Group Classes.

Class Key:

- = Gymnasium
- = Live-Stream
- = At Coe Park (in Torrington)

Please register for classes on MotionVibe:

nwctv.motionvibe.com

The schedule may change from time-to-time as we add more classes, but will be kept up to date on MotionVibe, where you register for classes.

Class cancellations will be sent in an email to the members. To sign up for emails please visit our website.

www.nwctv.org

For help creating your account on MotionVibe, [CLICK HERE](#)

When registering on MotionVibe, the class will say where it is held (Winsted Gymnasium, Coe Park in Torrington or Live-Stream Virtual)
- Give us a call if you have any problems!



Remember to register on MotionVibe

Group Exercise Class Descriptions

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

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!

CHAIR YOGA - participants will enjoy many health benefits such as improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. This class is great for all ages and body types including those struggling with hip, knee and other types of joint pain.

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.

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.

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.

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.

