

CANAAN GROUP EXERCISE & CYCLING SCHEDULE FALL 2020



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Key: = Live-Stream = Canaan Y Lawn

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 am Transform Lisa				8:00 am Transform Lisa	
10:00 AM SilverSneakers Classic Lisa	10:00 AM Balls, Bands & Bells Lisa	10:00 AM SilverSneakers Classic Lisa	10:00 AM Balls, Bands & Bells Lisa	10:00 AM SilverSneakers Classic Lisa	
10:00 AM SilverSneakers Classic Tamari		10:00 AM SilverSneakers Classic Tamari	10:00 AM SilverSneakers Classic Tamari		
	11:00 AM Tai Chi Joe		11:00 AM Tai Chi Joe		
4:30 PM All Levels Yoga Barbara	4:30 PM Vinyasa Yoga Chris				
	5:00 PM Body Sculpt Amanda		5:00 PM Body Sculpt Amanda		
		5:30 PM Cardio Strength & Abs Lorraine			

Attention Members

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

Please register for classes on MotionVibe:

[**nwctv.motionvibe.com**](http://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**](http://www.nwctv.org)

Outdoor Cycling Calendar (on the Canaan Pool Deck)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM with Lisa		6:30 AM with Lisa		6:30 AM with Lisa	
	8:30 AM with Lisa		8:30 AM with Lisa		
5:00 PM with Amanda		5:00 PM with Amanda		5:00 PM with Amanda	



Click here to register on MotionVibe

Group Exercise Class Descriptions

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

BODY-SCULPT- A great workout for both cardiovascular conditioning and muscular conditioning. 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!

BODY-WEIGHT STRENGTH & 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.

OUTDOOR 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.

TRANSFORM- The perfect blend of sport, yoga, tai chi and pilates is perfectly choreographed to motivating music, leaving you: transformed.

Vinyasa Yoga - also called "flow" because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types of yoga, including Ashtanga and power yoga.

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.