



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Virtual Live-Stream Schedule October 2020

Register at:
nwcty.motionvibe.com
or on the "Northwestern CT
YMCA" app in the app store!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10AM Silver Sneakers Classic Tamari		10AM Silver Sneakers Classic Tamari		10AM Silver Sneakers Classic Tamari	
11:15AM Silver Sneakers Chair Yoga Tamari NEW		11:15AM Silver Sneakers Boom Muscle Tamari NEW		11:15AM Silver Sneakers Chair Yoga Tamari NEW	
4:30PM All Levels Yoga Barbara	4:30PM Vinyasa Yoga Christopher	5:30PM Cardio Strength & Abs Lorraine			

Click **HERE**
to register
for class

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!

SILVER SNEAKERS CLASSIC® - 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.

SILVER SNEAKERS BOOM MUSCLE® -This class incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.

SILVER SNEAKERS CHAIR YOGA® - These seated yoga moves are designed to increase flexibility, balance, and range of movement. Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

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.