



FARMINGTON VALLEY YMCA  
GROUP EXERCISE SCHEDULE

NEW SCHEDULE BEGINNING

5/7/2018

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 653 5524

www.farmingtonvalleyYMCA.org

STUDIO ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>GROUP CYCLE</b> 5:45-6:45 AM JANE	<b>GROUP CYCLE</b> 5:45-6:45 AM JEN	<b>STRENGTH TRAINING</b> 5:45-6:45 AM JILL	<b>BALANCE &amp; FLEX</b> 5:45-6:45 AM LINDSAY	<b>GROUP CYCLE &amp; ABS</b> 5:45-6:45 AM JEN	<b>GROUP CYCLE</b> 7:45-8:45 AM JANE or JEN	<b>ZUMBA ☺</b> 11:05-12:05 PM DONNA
<b>YOGA FOR STRENGTH</b> 7:45-8:45 AM MELISSA D	<b>STEP IT UP</b> 8:15-9:15 AM MARY F	<b>YOGA FOR STRENGTH</b> 7:45-8:45 AM LAURA	<b>STRENGTH TRAINING</b> 8:15-9:15 AM SUZI	<b>VINAYSA FLOW YOGA</b> 7:45-8:45 AM JENINIFER	<b>ZUMBA (GYM)</b> 8:00 - 9:00 AM MEG	<b>R.I.P.P.E.D.</b> 12:15-1:30 PM LAURA
<b>KICKBOX ☺</b> 9:00-10:00 AM JACKIE	<b>GROUP CYCLE</b> 9:30-10:30 AM SUZI	<b>BLAST</b> 9:00-10:00 AM JACKIE	<b>GROUP CYCLE &amp; STRENGTH</b> 9:30-10:30 AM SUZI	<b>KICKBOX ☺</b> 9:00-10:00 AM JACKIE	<b>HATHA FLOW YOGA</b> 9:00-10:00 REBECCA	
<b>STRENGTH TRAINING</b> 10:00-11:00 AM SUZI	<b>STRENGTH TRAINING</b> 10:45-11:30 AM JACKIE/SUZI	<b>BALANCE &amp; FLEX</b> 10:15-11:15 AM MICHAEL	<b>STRENGTH TRAINING</b> 10:45-11:30 AM JACKIE	<b>STRENGTH TRAINING</b> 10:00-11:00 AM JACKIE	<b>POUND</b> 10:15-11:00 MEG	<b>VINYASA YOGA ☺</b> 4:15-5:30 PM JOHN
				<b>BALANCE &amp; FLEX</b> 11:00-12:00 LINDSAY	<b>BALANCE &amp; FLEX</b> 11:00-12:00 AMY/VICKI/MICHAEL	
<b>LIVESTRONG</b> 12:30-2:00 PM		<b>LIVESTRONG</b> 12:30-2:00 PM				
<b>STRENGTH TRAINING</b> 4:30-5:30 PM LINDSAY	<b>ZUMBA ☺</b> 4:30-5:20 PM SUE	<b>BALANCE &amp; FLEX</b> 4:30 PM - 5:30 PM ROTATIONAL INSTRUCTION	<b>ZUMBA ☺</b> 4:30-5:30 PM SUE			<b>SPINNING</b> <b>CYCLING CLASS</b>
<b>BALANCE &amp; FLEX</b> 5:30-6:30 PM VICKI	<b>GROUP CYCLE</b> 5:30-6:15 PM JEN	<b>POUND</b> 5:30-6:30 PM MEG	<b>HIIT</b> 5:30 - 6:15 PM LAURA	<b>STRENGTH TRAINING</b> 5:30-6:30 PM TERRI		Located in the Activity Center
<b>HATHA FLOW YOGA</b> 6:30-7:30 PM CATHY	<b>JUKIDO (Sport Program)</b> 6:30-7:30 PM	<b>YOGA</b> 6:30-7:30 PM JOHN	<b>JUKIDO (Sport Program)</b> 6:30-7:30 PM			
<b>ZUMBA ☺</b> 7:45- 8:45 PM AMY	<b>RUMBLE</b> 7:45- 8:45 PM LAURA	<b>ZUMBA ☺</b> 7:45 - 8:45 PM DONNA	<b>HATHA FLOW YOGA</b> 7:45-8:45 PM CATHY			

IMPORTANT INFORMATION

Yellow programs are programs and require registration.

Studio One is located downstairs.  
Studio Two is the small studio, located upstairs.

☺ Family Friendly Class: 13 & Older and ages 8-12 may attend with an adult.

C - Classes that are challenging. Not for the members new to fitness.

STUDIO TWO

<b>SENIOR STRONG</b> 9:30-10:15 AM KATIE	<b>CARDIO DANCE</b> 9:30-10:15 AM SUE B	<b>SENIOR STRONG</b> 9:30-10:15 AM KATIE	<b>CORRECTIVE EXERCISE &amp; STRETCH</b> 9:30 - 10:30 AM IRENE & NICOLE	<b>SENIOR STRONG</b> 9:30-10:15 AM KATIE
	<b>GENTLE YOGA</b> 8:15-9:15 AM MELISSA	<b>INTERVAL SENIORS</b> 10:15-11:00 KATIE	<b>YOGA</b> 9:30 - 10:30 AM AUBREY	
<b>YOGA NIDRA</b> 9:15 - 10:00 MELISSA			<b>BARRE CORE</b> 5:30 - 6:15 PM IRENE	
<b>EXTREME FIT**FEE</b> 6:15 - 7:15 PM LAURA	<b>EXTREME FIT**FEE</b> 6:30 - 7:30 PM LAURA	<b>EXTREME FIT**FEE</b> 6:15 - 7:15 PM LAURA	<b>EXTREME FIT**FEE</b> 6:30 - 7:30 PM LAURA	<b>EXTREME FIT**FEE</b> 6:15 - 7:15 PM LAURA

## CLASS DESCRIPTIONS

**Group exercise classes are for all levels of fitness. Classes marked with a "C" are challenging for individuals new to fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.**

**BARRE CORE** – Improve core strength, balance, posture and flexibility, while strengthening your body with controlled, progressive movements. Gain insight into body awareness and complete your fitness regimen with this ballet barre inspired class.

**CORRECTIVE EXERCISE AND STRETCH** - learn new exercises for correcting muscular imbalances, posture improvement and balance. This class is a great format for active older adults.

**HIIT** - High intensity interval training for total body conditioning. Intervals, Cardio and Power.

**KICKBOX** – High intensity intervals with a combination of aerobics, boxing, martial arts and toning exercises to zap calories and define your muscles.

**GROUP CYCLE** - a high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat. Abs are included in Group Cycle & Abs.

**PILATES** – Ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. This non-impact, low-intensity workouts include stretching and core-muscle training exercises. Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body can be achieved.

**STRENGTH TRAINING** - a class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

**R.I.P.P.E.D.** – A total body workout, utilizing resistance and cardio training, which includes endurance, interval, and plyometric exercises.

**RUMBLE** - Prechoreographed cardio mixed martial arts based class. You will use a variety of kicks, punches, elbow and knee strikes as well an Escrima stick. Based on RIPPED Endurance Section.

**BARRE CORE** – Improve core strength, balance, posture and flexibility, while strengthening your body with controlled, progressive movements. Gain insight into body awareness and complete your fitness regimen with this ballet barre inspired class.

**BALANCE AND FLEX** - Will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through the full-body fitness journey.

**YOGA & GENTLE YOGA** – A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

**HATHA FLOW YOGA** – Learn the fundamentals of Yoga, breath work, postures and sequences focusing on alignment, balance and flexibility. Techniques will be taught to increase self-awareness, nurture the inner spirit, and balance the mind and body.

**VINYASA YOGA** – A dynamic and fluid Yoga style in which a specific sequence of breath synchronized movements are used to transition between sustained postures. The linking vinyasas bring the body back to neutral so that one can fully feel the energetic effects of the practice. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and body.

**YOGA FLOW** – An intermediate, more vigorous Yoga flow class. A series of postures linked with sun salutations. Knowledge of basic poses recommended.

**YOGA FOR STRENGTH** – Move through a series of postures that energize the mind and body, sculpt muscles, build core power, and increase strength and flexibility.

**ZUMBA** – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

**STRONG by Zumba™** is a High Intensity Interval Training class using more traditional fitness moves for a more athletic, conditioning-style workout. You use your own body weight as resistance to achieve muscle definition. ... STRONG by Zumba™ is also characterized by a unique system of progression.

**STEP IT UP** –Step up your workout with a step and sculpt class. The class will start with easy to learn step combos that will keep you moving and finish with strengthening exercises for an all inclusive workout.

**SENIOR STRONG** - A 45 minute strength and agility class for seniors of all ages and abilities using light free weights.

**POUND®** is the world's first cardio cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**BLAST** - A metabolic conditioning class that is made up of cardio intervals, strength and reps.