

# FARMINGTON VALLEY YMCA

# GROUP EXERCISE SCHEDULE

860.653.5524 • FarmingtonValleyYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

New Schedule Beginning  
October 1, 2018

STUDIO 1 (downstairs)

STUDIO 2 (upstairs)

## MONDAY

GROUP CYCLE  
5:45-6:45 AM  
Jane

YOGA FOR STRENGTH  
7:45-8:45 AM  
Melissa

KICKBOXING  
9:00-10:00 AM  
Jackie

LIFT  
10:00-11:00 AM  
Suzi

LIFT  
4:30-5:30 PM  
Lindsey

BALANCE & FLEX  
5:30-6:30 PM  
Michael

HATHA FLOW YOGA  
6:30-7:30 PM  
Cathy

ZUMBA  
7:45-8:45 PM  
Amy

EXTREME FIT  
6:30-7:30 PM  
Laura

## TUESDAY

DoGROUP CYCLE  
5:45-6:45 AM  
Jan

STEP  
8:15-9:15 AM  
Mary

GROUP CYCLE  
9:30-10:30 AM  
Suzi

LIFT  
10:45-11:30 AM  
Jackie or Suzi

ABS & STRETCH  
11:30 AM-12:15 PM  
Jackie

YOUTH SUPER SOLDIER  
3:45-4:30 PM  
Conor

ZUMBA  
4:30-5:20 PM  
Sue

GROUP CYCLE  
5:30-6:15 PM  
Jen

JUKIDO  
6:30-7:30 PM

METABOLIC CONDITIONING  
7:45-8:45 PM  
Domi

GENTLE YOGA  
8:15-9:15 AM  
Melissa

RESTORATIVE YOGA  
9:30-10:45 AM  
Melissa

ROLL & RESTORE YOGA  
5:30-6:30 PM  
Kim

EXTREME FIT  
6:30-7:30 PM  
Laura

## WEDNESDAY

LIFT  
5:45-6:45 AM  
Jill

YOGA FOR STRENGTH  
7:45-8:45 AM  
Laura

METABOLIC CONDITIONING  
9:00-10:00 AM  
Jackie

BALANCE & FLEX  
10:15-11:15 AM  
Amy

PILATES  
4:30-5:30 PM  
Diana

POUND  
5:30-6:15 PM  
Vicki

YOGA  
6:30-7:30 PM  
John

ZUMBA  
7:45-8:45 PM  
Diana

YOUTH ZUMBA  
9:00-9:45 AM  
Amy

BOSU BOOTCAMP  
10:00-10:45 AM  
Suzi

YOUTH YOGA  
4:00-5:00 PM  
Becca

EXTREME FIT  
6:30-7:30 PM  
Laura

## THURSDAY

BALANCE & FLEX  
5:45-6:45 AM  
Lindsey

LIFT  
8:30-9:15 AM  
Suzi

GROUP CYCLE  
9:30-10:30 AM  
Suzi

LIFT  
10:45-11:30 AM  
Jackie

ABS & STRETCH  
11:30-12:15 AM  
Jackie

GROUP CYCLE  
4:30-5:30 PM  
Jen

HIIT  
5:30-6:15 PM  
Laura

JUKIDO  
6:30-7:30 PM

HATHA FLOW YOGA  
7:45-8:45 PM  
Cathy

YOGA  
9:30-10:30 AM  
Aubrey

EXTREME FIT  
6:30-7:30 PM  
Laura

## FRIDAY

GROUP CYCLE  
5:45-6:45 AM  
Jen

VINYASA FLOW YOGA  
7:45-8:45 AM  
Jennifer

KICKBOXING  
9:00-10:00 AM  
Jackie

LIFT  
10:00-11:00 AM  
Jackie

LIFT  
5:30-6:30 PM  
Terri

EXTREME FIT  
6:30-7:30 PM  
Laura

## SATURDAY

GROUP CYCLE  
7:45-8:45 AM  
Jill or Jane

HATHA FLOW YOGA  
9:00-10:00 AM  
Jill or Rebecca

ZUMBA  
10:00-11:00 AM  
Vicki

BALANCE & FLEX  
11:00 AM-12:00 PM  
Vicki

## SUNDAY

POUND  
11:15 AM-12:00 PM  
Diana

R.I.P.P.E.D.  
12:15-1:30 PM  
Laura

VINYASA YOGA  
4:15-5:30 PM  
John

## SUNDAY

BALLET FIT  
12:00-1:00 PM  
Diana

Purple classes  
are cycling  
classes

Orange classes  
are non-cycle  
membership-  
included group  
exercise classes

Blue classes are  
programs and  
require  
registration and  
an extra fee

Green classes  
are for Active  
Older Adults  
and are held in  
the Activity  
Center

## SENIOR CLASSES

SENIOR STRENGTH & BALANCE  
Mon: 9:30-10:15 AM  
Katie

CARDIO DANCE FIT  
Tues: 9:30-10:15 AM  
Sue

SENIOR STRENGTH & BALANCE  
Wed: 9:30-10:15 AM  
Katie

SENIOR STRENGTH & BALANCE  
Thurs: 9:30-10:15 AM  
Irene or Nicole

SENIOR STRENGTH & BALANCE  
Fri: 9:30-10:15 AM  
Katie

**CLASS DESCRIPTIONS** – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

**ABS & STRETCH** – This is a 45 min low impact class that focuses on core work and incorporates gentle stretch for improved flexibility and mobility.

**BALANCE & FLEX** – **BALANCE & FLEX TOGETHER** 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 this full-body fitness journey.

**BALLET FIT** – Ballet Fit is a high-intensity barre workout that blends strength training with ballet-inspired movement. Designed to fatigue each muscle through targeted, small-range movements, this class will effectively produce an exquisitely sculpted and lean body. Prepare to shape your arms, contour your thighs, lift your seat, and flatten your abs from a variety of positions with a mix of evolving and innovative choreography.

**CARDIO DANCE FIT** – A fun way to enjoy getting exercise in! Learn routines to all types of music including: top 40, oldies, disco, country & line dances too. No dance experience necessary.

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

**GENTLE YOGA** – Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

**GROUP CYCLE** – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride.

**HATHA FLOW YOGA** – A multi-level workout using fundamental Yoga postures to encourage opening, breathing and bringing awareness within. Great for strength, flexibility, stress reduction—and balancing the mind, body and spirit. Techniques will be taught to increase self-awareness, nurture the inner spirit, and balance the mind and body.

**HIIT** – HIIT is a form of interval training with an exercise strategy alternating periods of short intense exercise with less intense recovery periods. Intense cardiovascular exercise that improves athletic capacity and condition. Also improves fat burning and glucose metabolism.

**INSANITY** – **INSANITY** is a cardio class based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. you don't have to be in extreme shape -- levels of each exercise are provided. Time to dig deep!

**JUKIDO** – Learn the basics of Jukido, a form of Jujitsu, which means "the way of gentle, flowing power." Jukido classes are a modern system of fitness stressing discipline, honor and loyalty.

**KICKBOXING** – This 60 minute cardio class is a fusion of martial arts and boxing movements that will challenge your entire body.

**LIFT** – **LIFT** is a powerful strength and conditioning class that uses a variety of equipment to strengthen and tone all your major groups. It is the closest you can come to a personal training session without paying for one.

**METABOLIC CONDITIONING** – High intensity small group training combining a variety of weightlifting, cardio, and plyometric movements for ultimate fat burning results.

**POUND** – **POUND!** fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks called RipStix.

**RESTORATIVE YOGA** – This class focuses on poses that promote relaxation, restoration and rejuvenation. Each restorative sequence is designed to move the spine in all directions by practicing folds, gentle twists and inversions using props, allowing for deep relaxation.

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

**ROLL & RESTORE YOGA** – Roll & Restore Yoga is a unique class that inspires relaxation and empowerment for self-care. In addition to traditional yoga props, classes include the use of massage balls of various sizes, understanding that one's own body and its areas of tension are important first steps towards better self-care and overall health. This class uses a combination of self-myofascial release techniques and traditional yoga.

**SENIOR STRENGTH & BALANCE** – A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.

**STEP** – Fun, fast-paced class on the "Step." Get a great cardio and lower-body workout while learning fun combinations. Modified for beginner, intermediate, and power moves for advanced participants.

**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** – 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.

**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.

**YOUTH YOGA** – Children will delight in learning the ancient practice of yoga, in a joyful, accepting atmosphere. Our experienced instructor specializes in helping children enjoy this exciting form of exercise.

**YOUTH ZUMBA** – A rockin', high-energy dance party packed with kid-friendly routines. We break down steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives. Classes incorporate key childhood development elements such as leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, balance, cultural awareness.

**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. The name Zumba® is derived from a Columbian word meaning to move fast and have fun.