



# FARMINGTON VALLEY YMCA GROUP EXERCISE SCHEDULE

NEW SCHEDULE BEGINNING 4/24/2017

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 653 5524      www.farmingtonvalleyYMCA.org      SPRING

|                   | MONDAY  | TUESDAY                                      | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  | SUNDAY   |
|-------------------|---|--|--|--|--|---|--|
| <b>STUDIO ONE</b> | GROUP CYCLE<br>5:45-6:45 AM<br>JILL               | GROUP CYCLE<br>5:45-6:45 AM<br>JEN           | BODY CHALLENGE<br>5:45-6:45 AM<br>JILL           | GROUP CYCLE<br>5:45-6:45 AM<br>JANE                                  | ABS & GLUTES<br>5:45-6:30 AM<br>JEN L          | GROUP CYCLE<br>7:45-8:45 AM<br>JEFF or JANE                                     | ZUMBA ☺<br>11:05-12:05 PM<br>DONNA   |
|                   | YOGA FOR STRENGTH<br>8:00- 9:00 AM<br>MELISSA D   | DEFINITIONS<br>8:15-9:15 AM<br>MARY F        | YOGA FOR STRENGTH<br>8:00-9:00 AM<br>LAURA       | BODY CHALLENGE<br>8:15-9:15 AM<br>SUZI                               | VINAYSA FLOW YOGA<br>8:00-9:00 AM<br>JENINIFER | HATHA YOGA<br>9:00-10:00 AM<br>JILL   | R.I.P.P.E.D.<br>12:15-1:30 PM<br>LAURA B   |
|                   | KICKBOX ☺<br>9:00-10:00 AM<br>JACKIE              | RIDE<br>9:30-10:30 AM<br>SUZI                | BOOT CAMP<br>9:15-10:00 AM<br>JACKIE             | SPIN AND SCULPT<br>9:30-10:30 AM<br>SUZI                             | KICKBOX ☺<br>9:00-10:00 AM<br>JACKIE           | ZUMBA<br>10:15 - 11:15 AM<br>MEG  |  |
|                   | BODY CHALLENGE<br>10:00-11:00 AM<br>SUZI          | SUPER SCULPT<br>10:45-11:30AM<br>JACKIE      | GROUP CYCLE<br>10:15-11:15 AM<br>JEN D           | SUPER SCULPT<br>10:45-11:30AM<br>JACKIE                              | BODY CHALLENGE<br>10:00-11:00 AM<br>JACKIE     | SUPER SCULPT<br>11:30 - 12:15 PM<br>MARY  | VINYASA YOGA ☺<br>4:15-5:45 PM<br>JOHN   |
|                   | STRETCH AND CORE ** NEW<br>11:15-12:00 PM<br>SUZI |  | YOGALATES<br>11:30 -12:15 PM<br>EMILY            |  | PILATES<br>11:15-12:00 PM<br>EMILY             |   |  |
|                   | LIVESTRONG<br>1:00-2:00 PM                        |  | LIVESTRONG<br>1:00-2:00 PM                       |  |  | SUPER SCULPT<br>11:30 - 12:15 PM<br>MARY  |  |
|                   | SUPER SCULPT<br>4:30-5:25 PM<br>EMILY             | ZUMBA ☺<br>4:20-5:15 PM<br>SUE               |  | ZUMBA ☺<br>4:30-5:30 PM<br>SUE                                       |  |   | SPINNING/CYCLING CLASS<br>Located in the Activity Center                                     |
|                   | H.I.I.T.<br>5:30-6:15 PM<br>MARY A                | RIDE<br>5:30-6:15 PM<br>DAVE                 | H.I.I.T.<br>5:15-6:00 PM<br>LAURA B              | PILATES<br>5:30-6:15 PM<br>TERRI                                     | BODY CHALLENGE<br>5:30-6:30 PM<br>TERRI        |   |  |
|                   | HATHA FLOW YOGA<br>6:30-7:30 PM<br>CATHY          | JUKIDO (Sport Program)<br>6:30-7:30 PM       | YOGA<br>6:15-7:15 PM<br>JOHN                     | JUKIDO (Sport Program)<br>6:30-7:30 PM                               |  |   |  |
|                   | ZUMBA ☺<br>7:45- 8:45 PM<br>AMY                   |  | ZUMBA ☺<br>7:30- 8:30 PM<br>DONNA                | HATHA FLOW YOGA<br>7:45-8:45 PM<br>CATHY                             |  |   |  |
| <b>STUDIO TWO</b> | SENIOR STRONG<br>9:30-10:15 AM<br>KATIE           | SENIOR DANCE PARTY<br>9:30-10:15 AM<br>SUE B | SENIOR STRONG<br>9:30-10:15 AM<br>KATIE          | CHAIR YOGA<br>9:30-10:15 AM<br>NICOLE                                | SENIOR STRONG<br>9:30-10:15 AM<br>IRENE        |   |  |
|                   |   | GENTLE YOGA<br>9:30-10:30 AM<br>MELISSA      | BABY & ME YOGA **NEW<br>11:00-11:45 AM<br>AUBREY | BARRE CORE<br>9:30 - 10:30 AM<br>EMILY/IRENE                         |  | HARD CORE **NEW<br>9:00-9:30 AM<br>DAVID R                                      |  |
|                   |   |  |  | HARD CORE **NEW<br>5:45 - 6:15 PM<br>DAVID R                         |  | **NEW YOUTH CLASSES<br>FREE!<br>Fitness 101<br>Tuesdays 3:30-4:30 PM<br>With Ed |  |
|                   | EXTREME FIT<br>6:15 - 7:15 PM<br>LAURA            | LIVESTRONG<br>6:30-7:30 PM                   | EXTREME FIT<br>6:15 - 7:15 PM<br>LAURA           | EXTREME FIT<br>6:15 - 7:15 PM<br>LAURA<br>LIVESTRONG<br>6:30-7:30 PM |  | EXTREME FIT<br>6:15 - 7:15 PM<br>LAURA  | Saturdays 11:00 - 12:00<br>With Ryan<br>Fitness 101 is held in<br>Wellness Center            |
|                   |   |  |  |  |  |   | Youth Super Soldier<br>Thursdays 3:30 - 4:30 PM<br>With David<br>YSS is held in Group Ex One |

**IMPORTANT INFORMATION**  
Yellow programs are programs and require registration.  
Studio One is located downstairs  
Studio Two is the small studio, located upstairs.  
12 & older  
©Family Friendly  
Class: ages 8-11 may attend with an adult

## CLASS DESCRIPTIONS

**BODY CHALLENGE** - Body Challenge is 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!

**BOOT CAMP** - This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

**CARDIO INTERVAL CHALLENGE** - A high intensity total body interval workout for a great strength training and cardio workout.

**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.

**DEFINITIONS** - A class designed to create long lean muscles and a strong core using light weights, ballet inspired lower body exercises and Pilates method core work. Energizing music sets the up-tempo pace for this low impact class where technique is emphasized for maximum results. Modifications provided for beginner, intermediate and experienced exerciser.

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

**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.

**RIDE**- A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat.

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

**HARD CORE** - A hard intense core 30 minute workout.

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

**YOUTH SUPER SOLDIER - YOUTH 12-18 yrs. Body weight exercises and cardio intervals and core work.**

**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.

### **BABY & ME YOGA**

Provides you and your baby a playful opportunity to gain strength and flexibility while nurturing intimacy in the early developmental months. This drop in class is designed for any caregiver and their baby ages 6 weeks to pre-crawling. Enjoy an all levels yoga practice while your baby watches, participates, or sleeps!

**SUPER SCULPT**- A face paced total body strength training workout.

**H.I.I.T.s** - High Intensity Interval Training for a total body workout.

**SCULPT AND SPIN**- A high-energy cycling class that is combined with 20 minutes of sculpting and sweat.

**FITNESS 101 - YOUTH 12-18 yrs. Learn strength training techniques in the Wellness Center with a personal trainer.**