



WHEELER REGIONAL FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860-793-9631

www.wheelerYMCA.org

EFFECTIVE 6/18/18

STUDIO A
STUDIO B/C
WHEELER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPINNING 5:35-6:36 AM JOANNE	YOGA on the Floor In the Rock Wall room 8:45-9:45 AM with KRISTEN	SPINNING 5:35-6:35 AM STACIA		SPINNING 5:35-6:35 AM JOANNE	SPINNING 8:15-9:15AM HEIDI	SPINNING 9:00-10:30AM HEIDI
	SPINNING 9:30-10:30AM HEIDI	SPIN, STRENGTH, STRETCH 9:30-11:00AM TANYA	SPINNING 9:30-10:30AM TANYA	SPINNING 8:00-9:00AM HEIDI	SPIN, STRENGTH, STRETCH 9:30-11:00AM TANYA		
	SPINNING 5:30-6:30PM DOUG	SPINNING 6:00-7:00PM MIRA	SPINNING 5:30-6:30PM MIRA	SPINNING 6:00-7:00PM HEIDI	QUICK SPIN 5:30-6:15PM SCOTT		
		STRENGTH TRAIN TOGETHER 5:35-6:35 AM TAMMY		STRENGTH TRAIN TOGETHER 5:35-6:35 AM MAGDALENA			
	YOUNG AT HEART 8:25-9:25AM KAREN	YOUNG AT HEART 8:25-9:25AM KAREN	GENTLE PILATES 8:25-9:25AM CAROL	YOUNG AT HEART 8:25-9:25AM KAREN	YOUNG AT HEART 8:25-9:25AM KAREN	YOGA FLOW 8:15-9:15AM ROTATING	STRONG C 8:15-9:15AM KELLY
	STRENGTH TRAIN TOGETHER 9:30-10:30AM TANYA	H.I.I.T. C 9:30-10:30AM JOCELYN	STRENGTH TRAIN TOGETHER 9:30-10:30AM MAGDALENA	PLYOGA 9:30-10:30AM TANYA	STRENGTH WITH CARDIO C 9:30-10:30AM JOCELYN	STRENGTH TRAIN TOGETHER 9:30-10:30AM ROTATING	BARRE 9:30-10:30AM TANYA
	PILATES 10:35-11:20AM TANYA	ZUMBA 10:35-11:35AM WENDY		YOGA 10:45-11:45AM EMILY		ZUMBA 10:40-11:40AM ANNA	
				ZUMBA 12:00-1:00PM WENDY	STRENGTH TRAIN TOGETHER 11:50-12:50AM TAMMY		
	ZUMBA (Medium Intensity) 4:30-5:15PM CARLA	SCULPT AND TONE 4:30-5:15PM SHERYL	SCULPT AND TONE MOVED TO TUES AND THURS	SCULPT AND TONE 4:30-5:15PM SHERYL	ZUMBA GOLD 4:30-5:15PM DIANE		
	ZUMBA 5:30-6:30PM PAULETTE	STRENGTH TRAIN TOGETHER 5:30-6:30PM TANYA	STRONG C 5:30-6:30PM PAULETTE	STRENGTH TRAIN TOGETHER 5:30-6:30PM TAMMY			
	STRENGTH TRAIN TOGETHER 6:30-7:30PM KATE	ZUMBA 6:30-7:30PM ANNA	STRENGTH TRAIN TOGETHER 6:30-7:30PM TAMMY	STRONG C 6:30-7:30PM KELLY			
	STRENGTH, BALANCE, FLEX 7:30-8:30PM TAMMY			ZUMBA 7:30-8:30PM CARLA			
		YOGA 7:00-8:00PM EMILY	GENTLE YOGA 7:00-8:00PM LEANNA				

IMPORTANT INFORMATION

PLEASE ARRIVE TO CLASS ON TIME IF POSSIBLE - You MUST be on time for Strength Train Together

GROUP EXERCISE SCHEDULE is subject to change.

MEMBERS MUST BE 16 YRS OF AGE TO ATTEND CLASSES

C - Challenging class, not for first time exercisers.

Strength, Balance and Flex is a temporary replacement for Yoga Flow

Class	Description
Barre	High energy class that combines Pilates core work with Barre and sculpting exercising to chisel the abs and create a strong and lean body.
Cardio Kickboxing	Hi intensity, moderate to high impact cardio class using moves inspired by boxing, karate and mixed martial arts. Body weight conditioning and core work included.
Gentle Pilates	
H.I.I.T.	H.I.I.T. stands for HGH INTENSITY INTERVAL TRAINING! Train both strength and cardio during this high energy class! Modifications can be made to accommodate all skill and fitness levels.
Pilates	Pilates is an innovative system of mind/body exercises evolved from the principles of Joseph Pilates. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without bulk, creating a sleek, toned body. Pilates improves flexibility, agility and economy of motion.
PLYOGA	A high energy 4 part interval training system using the benefits of fundamental & accelerated yoga as an active recovery for plyometric (reactive) movements.
Spinning	A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, and endurance.
Quick Spin	Same class less time!
Spin, Strength and Stretch	A very high-energy class that incorporates time on the bikes for cardio, strength training with dumbbells and a full body stretch for recovery.
Strength with Cardio	This is a powerful class that uses a variety of weight equipment to strengthen and tone all your major groups and it gets your heart pumping! It is the closest you can come to a personal training session without paying for one. All skill levels are welcome.
Strength, Balance and Flex	A dynamic or moving class using Yoga and Pilates inspired postures and moves including balance and core specific sections.
Strength Train Together	This class maximizes your workout results with 60 minutes of impactful strength training. You'll get stronger while improving movement when you combine traditional strength training with functional exercises using an adjustable barbell, weights and bodyweight.
Strong	Body weight strength class using H.I.I.T. style training
Yoga - Gentle	Great for beginners or those looking for a gentle class to reduce tension. Learn breath and body awareness, posture and alignment. Focus on correct positioning of basic postures to strengthen muscles, increase flexibility, improve balance, and learn the tools to establish the foundation of your yoga practice.
Yoga Flow	Uses both traditional vinyasa like sun salutations and also creatively links asana to move deeper into the body. Sequences can be vigorous, but vary with slower, gentler transitions, and long holds are incorporated into the practice to strengthen body and mind. The "flowing" nature of the class is designed to keep focus in the body by asking you to be constantly present in the practice. Core connection is cultivated. A physically sound body is recommended. All levels are welcome!
Yoga on the Floor	This floor based class means that there are a minimal amount of standing/balancing poses. We will use the cushioned floor to perform mostly seated, supine and hands and knees types of postures and movement. This class incorporates strength building, stretching
Yoga	In this class breath is emphasized which heals, detoxifies, and exhilarates the mind, body and soul. Emphasis is on flow movement, core work, balance and intention. Welcome all levels!
Young At Heart	The main focus of this class is on the active older adult. Low impact aerobics, step, muscular endurance, range of motion, hip strength, balance, and core strength are emphasized in the class.
Zumba	This fitness class is inspired by Latin dance and consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes involve louder music and a party atmosphere, not to exceed the safe decibel level of 90dB, please be aware of this when choosing to take this class.
Zumba Gold	Same as Zumba but for our Active Adults!
Zumba Medium Intensity	Somewhere between Zumba and Zumba Gold!