

# WHEELER REGIONAL FAMILY YMCA

# GROUP EXERCISE SCHEDULE

860.793.9631 • WheelerYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

New Schedule Beginning  
September 10, 2018

STUDIO B/C

STUDIO A

WHEELER ROOM

## MONDAY

**SENIOR CARDIO**  
8:25-9:25 AM  
Karen

**STRENGTH TRAIN TOGETHER**  
9:30-10:30 AM  
Tanya

**PILATES**  
10:35-11:20 AM  
Tanya

**ZUMBA**  
4:30-5:15 PM  
Carla

**STRONG by Zumba**  
5:30-6:30 PM  
Paulette

**GROUP CYCLE**  
5:35-6:35 AM  
Joanne

**GROUP CYCLE**  
9:30-10:30 AM  
Heidi

**GROUP CYCLE**  
5:30-6:30 PM  
Doug

## TUESDAY

**SENIOR STRENGTH & BALANCE**  
8:25-9:25 AM  
Karen

**HIIT**  
9:30-10:30 AM  
Jocelyn

**ZUMBA**  
12:00-1:00 PM  
Wendy

**LIFT**  
4:30-5:15 PM  
Sheryl

**STRENGTH TRAIN TOGETHER**  
5:30-6:30 PM  
Tanya

**ZUMBA**  
6:30-7:30 PM  
Anna

**YOGA**  
8:45-9:45 AM  
Kristen (Rock Wall)

**GROUP CYCLE & STRENGTH**  
9:30-11:00 AM  
Tanya

**GROUP CYCLE**  
6:00-7:00 PM  
Mira

**YOGA**  
7:00-8:00 PM  
Emily  
Wheeler Room

## WEDNESDAY

**GENTLE PILATES**  
8:25-9:25 AM  
Carol

**STRENGTH TRAIN TOGETHER**  
9:30-10:30 AM  
Magdalena

**ZUMBA**  
5:30-6:30 PM  
Nicole

**STRENGTH TRAIN TOGETHER**  
6:30-7:30 PM  
Tammy

**GROUP CYCLE**  
5:35-6:35 AM  
Stacia

**GROUP CYCLE**  
9:30-10:30 AM  
Tanya

**GROUP CYCLE**  
5:30-6:30 PM  
Mira

**GENTLE YOGA**  
7:00-8:00 PM  
Leanna  
Wheeler Room

## THURSDAY

**STRENGTH TRAIN TOGETHER**  
5:35-6:35 AM  
Magdalena

**SENIOR CARDIO**  
8:25-9:25 AM  
Karen

**PLYOGA**  
9:30-10:30 AM  
Tanya

**YOGA**  
10:45-11:45 AM  
Emily

**ZUMBA**  
12:00-1:00 PM  
Wendy

**LIFT**  
4:30-5:15 PM  
Sheryl

**YOGA**  
6:30-7:30 PM  
Wendy

**ZUMBA**  
7:30-8:30 PM  
Carla

**GROUP CYCLE**  
8:00-9:00 AM  
Heidi

**GROUP CYCLE**  
6:00-7:00 PM  
Heidi

## FRIDAY

**SENIOR STRENGTH & BALANCE**  
8:25-9:25 AM  
Karen

**BOOTCAMP**  
9:30-10:30 AM  
Jocelyn

**BOOTCAMP**  
12:00-1:00 PM  
Wendy

**ZUMBA GOLD**  
4:30-5:15 PM  
Diane

**GROUP CYCLE**  
5:35-6:35 AM  
Joanne

**GROUP CYCLE & STRENGTH**  
9:30-11:00 AM  
Tanya

**GROUP CYCLE**  
5:30-6:30 PM  
Scott

## SATURDAY

**YOGA**  
8:05-9:05 AM  
Rotating

**INTRO TO STRENGTH TRAIN TOGETHER**  
9:10-9:30 AM  
Rotating

**STRENGTH TRAIN TOGETHER**  
9:30-10:30 AM  
Rotating

**ZUMBA**  
10:40-11:40 AM  
Anna

## SUNDAY

**METCON**  
8:15-9:15 AM  
Tanya

**PILATES**  
9:30-10:30 AM  
Tanya

**STRONG by ZUMBA**  
10:30-11:30 AM  
Paulette

## SATURDAY

**GROUP CYCLE**  
8:15-9:15 AM  
Heidi

## SUNDAY

**GROUP CYCLE**  
9:00-10:30 PM  
Heidi

Orange classes are membership-included group exercise classes

Blue classes are Strength Train Together

Purple classes are cycling classes

Pink classes are designed for Active Older Adults

### NOTES

Please arrive to class on time, especially for Strength Train Together.

Schedule is subject to change.

Classes are for ages 16+.

C

Challenging class, not for first-time exercisers.

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**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.

**GENTLE PILATES** – Great for all levels of fitness. A modified Pilates program designed for total body conditioning through flowing movement and breath.

**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.

**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.

**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.

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

**PILATES** – Based on the fundamentals of Joseph Pilates' principles, this class will focus on your body core. This method of total body conditioning trains both body and mind with a series of exercises that focus on increasing a balance of strength and flexibility through a use of flowing movements and breathing.

**PLYOGA** – PLYOGA is a four-part interval training system using the benefits of fundamental and accelerated yoga as an active recovery for plyometric (reactive) movement.

**SENIOR CARDIO** – A cardio class for Active Older Adults or those brand new to fitness. Lower cardio intensity options and no core floor work will raise heart rates for a total body workout, including cardio endurance. Beginner-Senior fitness level.

**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.

**STRENGTH TRAIN TOGETHER** – STRENGTH TRAIN TOGETHER is the most enjoyable way to train! This class will blast all your muscles with high-rep weight training. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Music and a group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

**STRONG BY ZUMBA** – STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

**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.

**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.