



# WHEELER REGIONAL FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

860 793 9631

www.wheelerYMCA.org

EFFECTIVE 1/1/2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO A	<b>SPINNING</b> 5:35-6:36 AM JOANNE	<b>YOGA</b> 8:30-9:30AM KRISTEN	<b>SPINNING</b> 5:35-6:35 AM STACIA		<b>SPINNING</b> 5:35-6:35 AM JOANNE	<b>SPINNING</b> 8:15-9:15AM HEIDI	<b>SPINNING</b> 9:00-10:30AM HEIDI
	<b>SPINNING</b> 9:30-10:30AM HEIDI	<b>SPIN, STRENGTH, STRETCH</b> 9:30-11:00AM TANYA	<b>SPINNING</b> 9:30-10:30AM TANYA	<b>SPINNING</b> 8:00-9:00AM HEIDI	<b>SPIN, STRENGTH, STRETCH</b> 9:30-11:00AM TANYA		
	<b>SPINNING</b> 5:30-6:30PM DOUG	<b>SPINNING</b> 5:30-6:30PM MIRA	<b>SPINNING</b> 5:30-6:30PM MIRA	<b>SPINNING</b> 5:30-6:30PM HEIDI			
				<b>SPIN CLINIC REMOVED</b>			
STUDIO B/C							
	<b>YOUNG AT HEART</b> 8:25-9:25AM KAREN	<b>YOUNG AT HEART</b> 8:25-9:25AM KAREN	<b>GENTLE PILATES</b> 8:25-9:25AM CAROL	<b>YOUNG AT HEART</b> 8:25-9:25AM KAREN	<b>YOUNG AT HEART</b> 8:25-9:25AM KAREN	<b>YOGA FLOW</b> 8:05-9:15 AM LEANNA OR KRISTEN	<b>STRONG by Zumba - C</b> 8:15-9:15AM PAULETTE
	<b>STRENGTH CHALLENGE - C</b> 9:30-10:30AM TANYA	<b>H.I.I.T. - C</b> 9:30-10:30AM JOCELYN	<b>BOOT CAMP - C</b> 9:30-10:30AM JOCELYN	<b>PLYOGA</b> 9:30-10:30AM TANYA	<b>STRENGTH CHALLENGE - C</b> 9:30-10:30AM JOCELYN	<b>INSANITY LIVE! REMOVED</b>	<b>BARRE</b> 9:30-10:30AM TANYA
	<b>PILATES</b> 10:35-11:20AM TANYA	<b>ZUMBA</b> 10:35-11:35AM WENDY		<b>YOGA</b> 10:45-11:45AM EMILY	<b>PILATES</b> 10:35-11:20AM JOCELYN	<b>ZUMBA</b> 10:40-11:40AM ANNA	
				<b>ZUMBA</b> 12:00-1:00PM WENDY			
					<b>ZUMBA GOLD</b> 4:30-5:15PM DIANE	↑	
	<b>PLYOGA</b> 5:30-6:30PM PATTY	<b>STRENGTH TRAINING</b> 5:15-6:00PM TAMMY	<b>ZUMBA</b> 4:30-5:15PM CARLA	<b>STRENGTH TRAINING</b> 5:15-6:00PM SHERYL			
		<b>YOGA</b> 6:05-6:50PM EMILY	<b>STRONG by Zumba - C</b> 5:30-6:30PM PAULETTE	<b>CARDIO KICKBOXING</b> 6:05-6:55PM TAMMY	<b>YOGA FLOW</b> 6:00-7:15PM LEANNA		
	<b>YOGA FLOW</b> 6:45-7:45PM PATTY	<b>ZUMBA</b> 6:55-7:55PM ANNA	<b>GENTLE YOGA</b> 7:00-8:00 PM LEANNA	<b>ZUMBA</b> 7:00-7:55PM CARLA			

**IMPORTANT INFORMATION**

**PLEASE ARRIVE TO CLASS ON TIME WHENEVER POSSIBLE**

**YELLOW HIGHLIGHT** - new class, new time, new location or new instructor!

**GROUP EXERCISE SCHEDULE** is subject to change.

**C** - Challenging class, not for first time exercisers.

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.
Body Challenge	Energetic class that uses weight training, interval training and power moves to get your heart rate up and work your entire body. Strengthen via a series of weight bearing exercises including squats, presses, lunges, lifts and more. Finish with core strengthening and cool down stretch.
Boot Camp	This heart pumping cardio class has drills that will increase speed and endurance. This full body muscle conditioning class will tone and tighten every part of the 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.
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 Challenge	This is a powerful class that uses a variety of weight 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. All skill levels are welcome.
Strength Training	This low impact muscle strength/endurance workout uses dumbbells, weight bars, and body weight and will challenge you and reward you with a stronger and more defined body.
Strong	Body weight strength class using H.I.I.T. style training
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	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 Moderate	Somewhere between Zumba and Zumba Gold!