

HALE YMCA YOUTH AND FAMILY CENTER  
**GROUP EXERCISE SCHEDULE**

860.315.9622 • HaleYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

New Schedule Runs  
October 29–December 29, 2018

### MONDAY

**GROUP CYCLE**

5:30-6:15 AM  
Earl 2, M

**PILATES**

8:15-9:00 AM  
Melanie 1, M

**ZUMBA**

9:15-10:10 AM  
Jamie F 2, F

**STRENGTH TRAIN****TOGETHER**

10:15-11:15 AM  
Courtney 3, M

**SENIOR STRENGTH &  
BALANCE**

10:15-11:00 AM  
Debbie 1, M

**VINYASA YOGA**

11:30 AM-12:45 PM  
Mary 1, M

**ZUMBA**

4:30-5:20 PM  
Jaimee T 2, F

**TRX EXPRESS**

5:30-6:00 PM  
Jenn 3, A

**STRENGTH TRAIN****TOGETHER**

5:30-6:30 PM  
Jaimee T 3, M

**POUND**

6:45-7:30 PM  
Renee 2, F

**AQUA FITNESS**

8:00-8:55 AM  
Cindy 2, M

**GENTLE JOINTS**

12:00-12:45 PM  
Debbie 0, M

### TUESDAY

**MIXFIT**

5:15-6:00 AM  
Brianna 2, A

**GROUP CYCLE EXPRESS**

8:30-9:00 AM  
Jenn 2, A

**STRENGTH TRAIN****TOGETHER**

9:00-10:00 AM  
Courtney 3, M

**CARDIO DANCE FIT**

10:15-11:05 AM  
Lisa Marie 2, F

**VINYASA YOGA**

12:30-1:45 PM  
Michelle 1, M

**HIIT**

4:30-5:20 PM  
Nicole A 2, A

**GROUP CYCLE**

5:30-6:20 PM  
Nicole 2, M

**CARDIO DANCE FIT**

5:30-6:20 PM  
Lisa Marie 2, F

**GENTLE YOGA**

6:30-7:45 PM  
Bonny 0, F

**AQUA FITNESS**

9:00-9:45 AM  
Cary 2, M

**AQUA FITNESS**

1:00-1:45 PM  
Irma 2, M

**AQUA FITNESS**

5:30-6:30 PM  
Irma 2, M

### WEDNESDAY

**GROUP CYCLE**

5:30-6:15 AM  
Earl 2, M

**MIXFIT**

6:15-7:10 AM  
Brianna 2, A

**TRX EXPRESS**

8:30-9:00 AM  
Jenn 3, A

**LIFT**

9:00-9:50 AM  
Brianna 3, A

**STEP**

10:00-10:45 AM  
Christina 2, M

**SENIOR CARDIO**

10:15-10:55 AM  
Rotating 2, M

**VINYASA YOGA**

11:15 AM-12:30 PM  
Michelle 1, M

**PILATES**

4:30-5:20 PM  
Nicole A 1, M

**GROUP CYCLE EXPRESS**

5:30-6:00 PM  
Jenn 2, A

**LIFT**

5:30-6:30 PM  
Nicole 3, M

**VINYASA YOGA**

6:30-7:15 PM  
Rhonda 1, M

**AQUA FITNESS**

8:00-8:55 AM  
Cindy 2, M

**GENTLE JOINTS**

12:00-12:45 PM  
Debbie 0, M

### THURSDAY

**LIFT**

5:15-6:00 AM  
Brianna 2, A

**TRX EXPRESS**

5:30-6:00 AM  
Earl 3, A

**LIFT**

8:15-9:00 AM  
Brianna 3, A

**ZUMBA**

9:15-10:10 AM  
Melanie 2, F

**CHAIR YOGA**

10:15-11:00 AM  
Michelle 0, F

**VINYASA YOGA**

12:30-1:45 PM  
Michelle 1, M

**BOSU**

4:30-5:20 PM  
Nicole 2, A

**GROUP CYCLE**

5:30-6:20 PM  
Nicole 2, M

**ZUMBA**

6:00-6:45 PM  
Martha 2, F

**POUND**

6:45-7:30 PM  
Renee 2, F

**AQUA FITNESS**

9:00-9:45 AM  
Cary 2, M

**AQUA FITNESS**

1:00-1:45 PM  
Melanie 2, M

**AQUA FITNESS**

5:30-6:30 PM  
Cindy 2, M

### FRIDAY

**GROUP CYCLE**

5:15-6:15 AM  
Jenn 2, M

**MIXFIT**

6:15-7:10 AM  
Brianna 2, A

**PILATES**

9:00-9:45 AM  
Tina 1, M

**STRENGTH TRAIN****TOGETHER**

10:00-11:00 AM  
Christina 3, M

**SENIOR STRENGTH &  
BALANCE**

10:15-11:00 AM  
Debbie 3, M

**T'ai Chi**

11:15 AM-12:00 PM  
Nick M

**HIIT**

4:30-5:15 PM  
Nicole A 2, A

**STRENGTH TRAIN****TOGETHER**

5:30-6:30 PM  
Courtney 3, M

**AQUA FITNESS**

8:00-8:55 AM  
Cindy 2, M

**SHALLOW WATER**

FITNESS  
12:00-12:45 PM  
Debbie 0, M

### SATURDAY

**GROUP CYCLE &****STRENGTH**

7:30-8:20 AM  
Nicole 3, A

**INSANITY**

7:30-8:20 AM  
Sarah H 2, A

**ZUMBA TONE**

8:30-9:20 AM  
Sarah or Jaimee 2, F

**BOSU**

9:30-10:20 AM  
Brianna 2, A

**GENTLE YOGA**

10:30-11:45 AM  
Bonny or Rhonda 0, F

### SUNDAY

**CARDIO DANCE FIT**

9:15-10:00 AM  
Lisa Marie 2, F

**STRENGTH TRAIN****TOGETHER**

10:30-11:30 AM  
Christina 3, M

### NOTES

-Class schedule is subject to change

-Proper attire and footwear is required to participate in classes

-Please refrain from using electronic devices while class is in session

-Participants are encouraged to bring a water bottle and towel to class

-Youth attending classes must participate appropriately

Purple classes are held in Studio A

Orange classes are held in Studio B

Green classes are held in the Gym

Blue classes are held in the lap pool

Pink classes are held in the warm pool

Pre-registration is recommended for popular classes, which are highlighted: [supersass.com/schedule/hale\\_YMCA/save\\_my\\_Spot](http://supersass.com/schedule/hale_YMCA/save_my_Spot)

**M**

Appropriate for most

**A**

Advanced

**F**

Families welcome, 8-12 year-olds can attend with a parent

## CLASS DESCRIPTIONS

**AQUA FITNESS** – Aqua fitness provides a combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.

**BOSU** – BOSU is an acronym for "both sides up," this class is multi-dimensional training class that integrates core strength, balance, coordination and resistance training in a fun-filled and challenging workout.

**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.

**CHAIR YOGA** – Perfect for all levels, chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. This flow is also perfect for those wanting to learn to stretch your body and relieve tension while at work, without leaving your office chair. Open your hips, move your shoulders and neck, and find length in your spine with this chair yoga flow.

**GENTLE JOINTS** – This class uses a gentle range of motion workout to help people with arthritis improve joint flexibility and decrease pain or stiffness through the warmth, buoyance and gentle resistance of an aquatic environment.

**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.

**GROUP CYCLE EXPRESS** – A 30-minute version of our high-energy Group Cycle 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.

**GROUP CYCLE & STRENGTH** – Burn optimal calories through cardio and muscle conditioning combined into one class. Cycling challenges the heart and lungs. The addition of a variety of strength movements with weights and bodyweight will continue to challenge your muscles off the bike. Instructor will help with the initial adjustment of the bikes for comfort and safety.

**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!

**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.

**MIXFIT** – Cardio and Strength combined. This trainer-led circuit class targets aerobic fitness and muscular endurance simultaneously.

**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.

**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.

**SENIOR CARDIO** – A Cardio Class for Active Seniors 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.

**SHALLOW WATER FITNESS** – This class is based around the principles of traditional water exercise but done at a lower intensity. Working through full range of motion with light and easy aerobic moves, this class will help increase flexibility and balance with minimal joint stress.

**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.

**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.

**TRX EXPRESS** – The High Intensity Interval Training (HIIT) technique of Tabata intervals is used to supercharge your TRX Suspension Training workout. The Tabata technique alternates periods of high intensity exercise with short rest periods for a specified number of sets. Constantly challenging yourself is the key to getting results.

**VINYASA YOGA** – A dynamic and fluid Yoga style in which a specific sequence of breath-synchronized movements is 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.

**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.

**ZUMBA TONE** – A blend of body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.