

# DOWNTOWN YMCA GROUP EXERCISE SCHEDULE

860.522.4183 • DowntownYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

New Schedule Beginning  
January 1, 2019

FOURTH FLOOR 50 STATE HOUSE SQUARE

## MONDAY

**MIX FIT**  
11:30 AM-12:10 PM  
Jeanne

**BOOTCAMP**  
12:15-1:00 PM  
Toni

**ZUMBA**  
1:15-2:00 PM  
Kenny

**TAG**  
5:30-6:15 PM  
Sean

**ZUMBA**  
6:15-7:15 PM  
Kenny

## TUESDAY

**CARDIO SCULPT**  
6:00-7:00 AM  
Donna

**SILVER SNEAKERS  
CLASSIC**  
10:00-10:45 AM  
Sheryl

**STRENGTH TRAIN  
TOGETHER**  
11:15 AM-12:10 PM  
Nancy

**ADVANCED PILATES**  
12:20-1:00 PM  
Shannon

**METCON**  
1:15-2:00 PM  
Sean

**ZUMBA**  
6:15-7:15 PM  
Adriana

## WEDNESDAY

**STEP**  
11:30 AM-12:10 PM  
Jeanne

**ZUMBA**  
12:15-1:00 PM  
Danielle

**BOOTCAMP**  
5:30-6:15 PM  
Sean

**BOLLYWOOD WORKOUT**  
6:25-7:15 PM  
Manju

## THURSDAY

**CARDIO SCULPT**  
6:00-6:45 AM  
Donna

**SILVER SNEAKERS  
CLASSIC**  
10:00-10:45 AM  
Glenn

**FIRM ACTION**  
11:30 AM-12:10 PM  
Jeanne

**ZUMBA**  
1:15-2:00 PM  
Kenny

**LIFT**  
5:30-6:15 PM  
Hillary

**HIP HOP AEROBICS**  
6:25-7:25 PM  
Jus

## FRIDAY

**ADVANCED PILATES**  
12:10-12:50 PM  
Shannon

**STRENGTH TRAIN  
TOGETHER**  
1:00-2:00 PM  
Tanya

**BOOTCAMP**  
6:00-6:45 AM  
Jon

**LIFT**  
12:15-1:00 PM  
Mike R

**YOGA**  
12:00-1:00 PM  
Joy

Red classes are held on the fourth floor of  
State House Square

Green classes are held on the Turf or Boxing  
Studio

Orange classes are held in the Mind & Body  
Studio

Purple classes are held in the Cycling Studio

Blue classes are held in the pool

## SATURDAY

**ZUMBA**  
11:00 AM-12:00 PM  
Adriana

## WATER EXERCISE

**MONDAY  
SENIOR AQUA**  
8:15-9:00 AM  
Mike

**WEDNESDAY  
AQUA FIT**  
10:00-10:45 AM  
Lena

**FLIPPER**  
12:15-1:00 PM  
Kurt

## GROUP CYCLE

**MONDAY**  
5:45-6:45 AM  
Mike

12:15-1:00 PM  
Rachel

**TUESDAY**  
5:15-6:00 AM  
Lisa

12:15-1:00 PM  
Natalie

5:30-6:30 PM  
Hillary

**WEDNESDAY**  
5:30-7:00 AM  
Ralph

12:15-1:00 PM  
Greg

**THURSDAY**  
6:00-7:00 AM  
Lisa

12:15-1:00 PM  
Mike

**FRIDAY**  
6:00-7:00 AM  
Denise

12:15-1:00 PM  
Jane

**SATURDAY**  
9:00-10:00 AM  
Silvia

TURF & BOXING

Mind & Body Studio

**LIFT**  
6:00-6:45 AM  
Mike R

**BOXING CONDITIONING**  
6:00-6:45 AM  
Jon

**BOOTCAMP**  
6:00-7:00 AM  
Tyler L

**LIFT**  
7:00-7:45 AM  
Mike R

**BOOTCAMP**  
1:15-2:00 PM  
Tyler L

**HIIT**  
12:15-1:00 PM  
Tyler L

**YOGA**  
12:10-12:50 PM  
Laura

**POWER YOGA**  
11:30 AM-12:10 PM  
Rachel

**PILATES**  
1:15-2:00 PM  
Rachel

**YOGA**  
12:00-1:00 PM  
Beth

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

**YOGA**  
12:10-12:50 PM  
Sue

**PILATES**  
1:00-1:50 PM  
Shannon

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New Schedule Beginning  
Dec 11, 2018

**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.

**ADVANCED PILATES** – A fun and challenging full-body workout that emphasizes core strengthening and utilizes props (including rings, balls, foam rollers, Bosus, weights and more).

**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.

**BOOTCAMP** – 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.

**BOXING CONDITIONING** – Experience a complete body conditioning workout with a series of boxing, weights, and core moves. This interval training workout will challenge your body with a combination of cardio and strength.

**CARDIO SCULPT** – Heart-pumping mix of strength and aerobic movements.

**DOONYA: THE BOLLYWOOD WORKOUT** – Doonya: The Bollywood workout is a dance-based, high-intensity interval training fitness program. Spend 55 minutes sweating to the powerful drum beats of South Asia. Starting with a movement breakdown, you are equipped with the exotic, energetic steps to take you through 8-11 songs. Each heart pounding routine targets a major muscle group through innovative choreography and body-weight and weighted movements. Class ends with stretches and a reflection on the strength and power you channeled in class. You'll leave class ready to take on life's obstacles with grace and power...just a like a Bollywood Star.

**FIRM ACTION** – Utilize lighter weights to a Step routine that will keep your heart rate up while toning your upper and lower body.

**FLIPPER** – Grab your flippers and go! Enjoy this interval-style work out in the water with your fins.

**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.

**HIP HOP AEROBICS** – Hip-Hop is a fun funky way to stay fit, meet friends, and learn to dance. All levels of ability are welcome to attend! Steps can be modified or intensified.

**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.

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

**MIX FIT** – 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.

**POWER YOGA** – Offers a truly unique Yoga practice based on intuition rather than tradition. Power Yoga heals, detoxifies and exhilarates the body and mind with emphasis on movement, balance and intention. Power Yoga has created a dynamic, challenging program that combines strength, sweat and spirituality

**SILVER SNEAKERS CLASSIC** – Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

**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.

**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.

**TAG** – TAG focuses on toning and strengthening the core down to the lower body, specifically isolating the Thigh, Abdominal, hips, and Glute muscle groups.

**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.