



# WHEELER REGIONAL FAMILY YMCA WELLNESS CLASS SCHEDULE

Winter Session 1: Jan 7, 2019 -  
Feb 24, 2019

## MONDAY

5:35-6:35am	(A)	Group Cycling
5:45-6:45am	(WC)	Y Training Club**
5:45-6:30am	(WC)	TRX**
8:25-9:25am	(BC)	Senior Cardio
9:30-10:30am	(BC)	Strength Train Together
9:30-10:30am	(A)	Group Cycling
9:30-10:30am	(WC)	Y Training Club**
10:00-10:45am	(WC)	Senior Strength Circuit
10:45-11:30am	(WLR)	Pilates
4:00-4:45pm	(WC)	Youth Strength Circuit
4:30-5:30pm	(WC)	Training for Teens**
4:45-5:30pm	(BC)	Zumba@
5:00-5:50pm	(WC)	Kickboxing Conditioning**
5:30-6:30pm	(BC)	Strong@
5:30-6:30pm	(A)	Group Cycling
6:30-7:30pm	(BC)	Bollywood Workout
7:00-8:00pm	(WC)	Y Training Club**

## TUESDAY

5:35-6:35am	(BC)	Bootcamp
5:45-6:45am	(WC)	Y Training Club**
8:25-9:25am	(BC)	Senior Strength & Balance
8:30-9:30am	(WC)	YTC Orientation**
8:45-9:45am	(WLR)	Yoga
9:30-10:30am	(BC)	HIIT
9:30-11:00am	(A)	Group Cycle & Strength
9:30-10:30am	(WC)	Y Training Club**
10:30-11:15am	(BC)	SilverSneakers Classic®
12:00-1:00pm	(BC)	Zumba@
4:30-5:30pm	(WC)	Training for Kids**
4:45-5:30pm	(BC)	Lift
5:30-6:30pm	(BC)	Strength Train Together
6:00-7:00pm	(A)	Group Cycling
6:30-7:30pm	(BC)	Zumba@
6:45-8:00pm	(WLR)	Yoga
7:00-8:00pm	(WC)	Y Training Club**

## WEDNESDAY

5:35-6:35am	(A)	Group Cycling
8:25-9:25am	(BC)	Gentle Pilates
9:30-10:30am	(BC)	Strength Train Together
9:30-10:30am	(A)	Group Cycling
10:00-10:45am	(WC)	Senior Strength Circuit
4:00-4:45pm	(WC)	Youth Strength Circuit
4:30-5:30pm	(WC)	Training for Teens**
5:30-6:30pm	(BC)	Zumba@
5:30-6:30pm	(A)	Group Cycling
6:30-7:30pm	(BC)	Bootcamp
6:45-8:00pm	(WLR)	Gentle Yoga

## THURSDAY

5:45-6:45am	(WC)	Y Training Club**
8:00-9:00am	(A)	Group Cycling
8:25-9:25am	(BC)	Senior Cardio
9:00-9:45am	(WC)	TRX**
9:30-10:30am	(BC)	Metcon
9:30-10:30am	(WC)	Y Training Club**
10:30-11:15am	(BC)	SilverSneakers Circuit®
10:45-11:45am	(WLR)	Yoga
12:00-1:00pm	(BC)	Zumba@
4:30-5:30pm	(WC)	Training for Kids**
4:45-5:30pm	(BC)	Lift
5:00-5:50pm	(WC)	TRX**
6:00-7:00pm	(A)	Group Cycling
6:00-7:00pm	(WC)	YTC Orientation**
6:30-7:30pm	(BC)	Zumba@
7:00-8:00pm	(WC)	Y Training Club**
7:30-8:30pm	(WLR)	Yoga

*Classes are for members 16 and older. Youth classes are open to ages 10 and above. Schedule is subject to change.*

## FRIDAY

5:35-6:35am	(A)	Group Cycling
5:45-6:45am	(WC)	Y Training Club**
8:25-9:25am	(BC)	Senior Strength & Balance
9:30-10:30am	(BC)	Bootcamp
9:30-11:00am	(A)	Group Cycle & Strength
9:30-10:30am	(WC)	Y Training Club**
4:00-4:45pm	(WC)	Youth Strength Circuit
4:45-5:30pm	(BC)	Zumba Gold@
5:30-6:30pm	(A)	Group Cycling
7:00-8:00pm	(WC)	Y Training Club**

## SATURDAY

8:05-9:05am	(BC)	Yoga
8:15-9:15am	(A)	Group Cycling
9:00-10:00am	(WC)	Y Training Club**
10:00-11:00am	(WC)	Drop-In Bootcamp on Turf**
9:10-9:30am	(BC)	Intro to Str Train Together
9:30-10:30am	(BC)	Strength Train Together
10:40-11:40am	(BC)	Zumba@
11:00-12:00pm	(WC)	YTC Orientation**

## SUNDAY

8:15-9:15am	(BC)	Metcon
9:00-10:30am	(A)	Group Cycling
9:30-10:15am	(WLR)	Pilates
10:30-11:30am	(BC)	Strong@

### Class Locations:

BC	Group Fitness Studio
A	Cycling Studio
WLR	Wheeler Room
WC	Wellness Center
OSG	Outside Grass
OBC	Outside Basketball Court
**	Require Registration &/or Fee

WHEELER REGIONAL FAMILY YMCA  
**WELLNESS CLASS SCHEDULE**

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## CLASS DESCRIPTIONS

**BOLLYWOOD WORKOUT – Doonya: The Bollywood Workout** is a dance based high-intensity interval training fitness program. Sweat to the powerful drum beats of South Asia. Starting with a movement breakdown, each heart pounding routine targets a major muscle group through innovative choreography. You will be ready to take on life's obstacles with grace and power...just like a Bollywood Star!

**BOOTCAMP** – This high-energy program includes an intense cardiovascular workout and strength training drills. It is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

**DROP-IN BOOTCAMP ON THE TURF\*\*** – Drop-in for a great Saturday morning workout! Intensity is king in this program, which will focus on high calorie expenditure and lean body mass development through high energy workouts. All workouts lead by one of our personal trainers. \$10/class

**FAMILY ZUMBA®**– Same great fun as Zumba® but you can bring the family!

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

**GENTILE 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 CYCLING** – 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 & 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.

**INTRO TO STT** –This class is meant to help you learn the basics of our Strength Train Together class. You will learn how to use the adjustable barbell, weight plates and benches in a fun and inviting environment.

**KICKBOXING 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. (14-16 lbs gloves required)

**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.

**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.

**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 CIRCUIT**– This drop-in class will focus on strength training for Seniors using our pin-selected strength equipment in a group setting. You will be put through a total body workout by following our Express 10 workout and lead by our H & W staff.

**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.

**SILVERSNEAKERS CIRCUIT®**–Circuit is designed to improve cardio fitness by alternating cardio and strength intervals. Our cardio segments will elevate your heart rate and improve coordination. Strength intervals will mix isolation strength with full body mobility work

**SILVERSNEAKERS 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 SilverSneakers ball. Often a chair is used for seated exercises or standing support.

**STRENGTH TRAIN TOGETHER (STT)** – 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®** – 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.

**TRAINING FOR KIDS\*\*** – A safe, structured fitness program for kids (ages 10-12) that will involve age-appropriate strength training and conditioning workouts. This program meets two times per week.

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**TRAINING FOR TEENS\*\*** – A safe, structured fitness program for teens (ages 13-15) that will involve age-appropriate strength training and conditioning workouts. This program meets two times per week.

**TRX®\*\*** – Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. The focus will be on technique, flexibility, balance, & strength by developing basic foundational exercises through easy-to-follow progressions.

**Y TRAINING CLUB\*\*** – Join the Y Training Club and let our trainers take your workouts to the next level! All workouts are in a group setting and our schedule is set up for you to come whenever fits into your schedule. Classes consist of Strength Training workouts and Conditioning (metabolic) workouts. All levels of fitness welcome and attend unlimited classes/week! *Must attend one of our Orientation classes before 1st workout.* Contact Ben Romann to get started! (203-793-9631 x118)

**YTC ORIENTATION\*\*** – The Y Training Club Orientation class is a required pre-requisite to joining the Y Training Club workouts. During this hour, you will be put through a quick evaluation, learn all about how the YTC runs and also review technique for the most common exercises that we use so you are set up for success!

**YOGA** – A dynamic and fluid Yoga style in which a specific sequence of breath-synchronized movements are used to transition between sustained postures. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and body.

**YOUTH STRENGTH CIRCUIT** – This drop-in class will focus on strength training for youth using our pin-selected strength equipment in a group setting. You will be put through a total body workout by following our Express 10 workout and lead by our H & W staff. Ages 10-15.

**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 GOLD®** – A lower impact Zumba® Class designed beginners and/or people who are not used to exercising.

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**\*\*Require Registration &/or Fee**

**Wheeler Regional Family YMCA**

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