

GLASTONBURY FAMILY YMCA

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM	AM

11:00 **SILVER SNEAKERS**
11:45 **CLASSIC**
Multipurpose Room

11:00 **SILVER SNEAKERS**
11:45 **CIRCUIT**
Multipurpose Room

PM	PM	PM	PM	PM	PM	PM
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5:00 **LIFT**
5:45 Multipurpose Room

12:30 **TAG**
1:00 Multipurpose Room

5:00 **LIFT**
5:45 Multipurpose Room

5:00 **PILATES**
5:45 Multipurpose Room

12:30 **LIFT**
1:00 Multipurpose Room

6:00 **SILVER SNEAKERS**
6:45 **CLASSIC**
Multipurpose Room

5:00 **PILATES**
5:45 Multipurpose Room

5:45 **ZUMBA**
6:45 Multipurpose Room

6:00 **TAG**
6:30 Multipurpose Room

6:45 **YOGA**
7:45 Multipurpose Room



Glastonbury Family YMCA

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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.

ABS & STRETCH – This is a 30 min low impact class that focuses on core work and incorporates gentle stretch for improved flexibility and mobility.

GROUP CYCLE – a high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat. Abs are included in Group Cycle & Abs.

LIFT – a class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

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

PILATES – Ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. This non-impact, low-intensity workouts include stretching and core-muscle training exercises. Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body can be achieved.

SILVER SNEAKERS CIRCUIT –Offers low-impact choreography alternating with standing upper-body strength work. Suitable for all levels, but can be modified depending on fitness level.

SILVER SNEAKERS CLASSIC – Designed to increase muscle strength, range of motion and improve activities for daily living. A chair is used for seated exercises & standing support. Suitable for all levels, but can be modified depending on skill level.

YOGA & GENTLE 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.

COMING SOON:

GROUP CYCLE – a high energy spinning class taught on a stationary bike targeting heart rate zone training, lower body strength, endurance and lots of sweat.