

WHEELER REGIONAL FAMILY YMCA

GROUP EXERCISE SCHEDULE

860.793.9631 • WheelerYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Spring Session 2
4/22 – 6/16

STUDIO B/C

STUDIO A

WHEELER ROOM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SATURDAY

SUNDAY

SENIOR CARDIO
8:25-9:25 AM
Karen

STRENGTH TRAIN TOGETHER
9:30-10:30 AM
Tanya

SENIOR CARDIO
10:45-11:30 AM
Karen

ZUMBA
4:45-5:30 PM
Carla

STRONG@
5:35-6:35 PM
Paulette

POUND@
6:40-7:40 PM
Julie

GROUP CYCLE
5:35-6:35 AM
Joanne

GROUP CYCLE
9:30-10:30 AM
Heidi

GROUP CYCLE
5:30-6:30 PM
Doug

PILATES
10:45-11:20 AM
Tanya

STRENGTH TRAIN TOGETHER
5:35-6:35 AM
Tammy

SENIOR STRENGTH & BALANCE
8:25-9:25 AM
Karen

HIIT
9:30-10:30 AM
Jocelyn

SILVERSNEAKERS CLASSIC@
10:45-11:30 AM
Carol

ZUMBA@
12:00-1:00 PM
Wendy

LIFT
4:45-5:30 PM
Thaea

STRENGTH TRAIN TOGETHER
5:35-6:35 PM
Tanya

ZUMBA@
6:40-7:40 PM
Anna

GROUP CYCLE & STRENGTH
9:30-11:00 AM
Tanya

GROUP CYCLE
6:00-7:00 PM
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YOGA
8:45-9:45 AM
Kristen

YOGA
6:45-8:00 PM
Wendy H

GENTLE PILATES
8:25-9:25 AM
Carol

STRENGTH TRAIN TOGETHER
9:30-10:30 AM
Tanya

SILVERSNEAKERS CIRCUIT@
10:45-11:30 AM
Tanya

ZUMBA@
5:30-6:30 PM
Loridana

BOOTCAMP
6:30-7:30 PM
Thaea

GROUP CYCLE
5:35-6:35 AM
Scott

GROUP CYCLE
9:30-10:30 AM
Rotating

GROUP CYCLE
5:30-6:30 PM
Mira

GENTLE YOGA
6:45-8:00 PM
Leanna

STRENGTH TRAIN TOGETHER
5:35-6:35 AM
Scott

SENIOR CARDIO
8:25-9:25 AM
Karen

METCON
9:30-10:30 AM
Tanya

SILVERSNEAKERS CIRCUIT@
10:45-11:30 AM
Karen

ZUMBA@
12:00-1:00 PM
Wendy

LIFT
4:45-5:30 PM
Diane

STRENGTH TRAIN TOGETHER
5:35-6:35 PM
Diane

ZUMBA@
6:40-7:40 PM
Carla

GROUP CYCLE
8:00-9:00 AM
Heidi

GROUP CYCLE
6:00-7:00 PM
Heidi

YOGA
10:45-11:45 AM
Gizem

YOGA
7:30-8:30pm
Wendy S

SENIOR STRENGTH & BALANCE
8:25-9:25 AM
Karen

BOOTCAMP
9:30-10:30 AM
Jocelyn

ZUMBA GOLD@
4:45-5:30 PM
Diane

GROUP CYCLE
5:35-6:35 AM
Joanne

GROUP CYCLE & STRENGTH
9:30-11:00 AM
Tanya

GROUP CYCLE
5:30-6:30 PM
Scott

YOGA
8:05-9:05 AM
Rotating

INTRO TO STRENGTH TRAIN TOGETHER
9:10-9:30 AM
Tanya

STRENGTH TRAIN TOGETHER
9:30-10:30 AM
Tanya

ZUMBA@
10:40-11:40 AM
Anna

METCON
8:15-9:15 AM
Tanya

PILATES
9:30-10:30 AM
Tanya

STRONG@
10:30-11:30 AM
Paulette

GROUP CYCLE
8:15-9:15 AM
Heidi

GROUP CYCLE
9:00-10:30 PM
Heidi

ALL classes are membership-included group exercise classes

Blue classes are Strength Train Together

Purple classes are cycling classes

Pink classes are designed for Seniors

NOTES

Please arrive to class on time, especially for Strength Train Together.

Schedule is subject to change.

Classes are for ages 16+.



Challenging class, not for first-time exercisers.

Schedule Changes & Highlights

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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.

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

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 & 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 HIIT 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.

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.

POUND® – Designed for all fitness levels, POUND® uses drumming to get loose, get energized, and tone up. Combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

SENIOR CARDIO – A cardio class for Active Older Adults 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. Intermediate/Advanced Seniorfitness 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.

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 – 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.

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.

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