

# WHEELER REGIONAL FAMILY YMCA

# GROUP EXERCISE SCHEDULE

860.793.9631 • WheelerYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Spring Session 1  
2/24– 4/12

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**SENIOR CARDIO**  
8:25-9:25 AM  
Jocelyn

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

**SILVERSNEAKERS CIRCUIT®**  
10:45-11:30 AM  
Tanya

**ZUMBA**  
4:45-5:30 PM  
Carla

**STRONG®**  
5:35-6:35 PM  
Paulette

**POUND®**  
6:40-7:25 PM  
Julia

**STRENGTH TRAIN TOGETHER**  
5:30-6:30 AM  
Scott

**SENIOR STRENGTH & BALANCE**  
8:25-9:25 AM  
Carol

**HIIT**  
9:30-10:00 AM  
Jocelyn

**Butts and Guts (Core)**  
10:05-10:35 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  
Tammy

**ZUMBA®**  
6:40-7:40 PM  
Anna

**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  
Loredana

**BOOTCAMP**  
6:30-7:30 PM  
Thaea

**STRENGTH TRAIN TOGETHER**  
5:30-6:30 AM  
Scott

**SENIOR CARDIO**  
8:25-9:25 AM  
Jocelyn

**METCON**  
9:30-10:30 AM  
Tanya

**Chair YOGA**  
10:45-11:45 AM  
Pat

**ZUMBA®**  
12:00-1:00 PM  
Wendy

**LIFT**  
4:45-5:30 PM  
Tammy

**STRENGTH TRAIN TOGETHER**  
5:35-6:35 PM  
Tammy

**ZUMBA®**  
6:40-7:40 PM  
Carla

**SENIOR STRENGTH & BALANCE**  
8:25-9:25 AM  
Jocelyn

**BOOTCAMP**  
9:30-10:30 AM  
Jocelyn

**ZUMBA GOLD®**  
4:45-5:30 PM  
Diane

**POUND®**  
5:35-6:20 PM  
Julia

**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

**GROUP CYCLE**  
8:15-9:15 AM  
Heidi

**GROUP CYCLE**  
5:30-6:30 AM  
Joanne

**GROUP CYCLE**  
8:30-9:30 AM  
Heidi

**GROUP CYCLE**  
5:30-6:30 PM  
Doug

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

**GROUP CYCLE**  
5:30-6:30 AM  
Scott

**GROUP CYCLE**  
5:30-6:30 PM  
Mira

**GROUP CYCLE**  
8:00-9:00 AM  
Heidi

**GROUP CYCLE**  
6:00-7:00 PM  
Heidi

**GROUP CYCLE**  
5:30-6:30 AM  
Joanne

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

**GROUP CYCLE**  
5:30-6:15 PM  
Scott

## SUNDAY

**METCON**  
8:15-9:15 AM  
Tanya

**PILATES**  
9:30-10:30 AM  
Tanya

**STRONG®**  
10:35-11:35 AM  
Paulette

**GROUP CYCLE**  
9:00-10:30 PM  
Heidi

**YOGA**  
9:00-10:00 AM  
Kristen

**YOGA**  
6:45-8:00 PM  
Lissa

**Parent & Child YOGA\***  
10:00-10:30 AM  
Kelly (through 4/1)

**Vinaya YOGA**  
4:30-5:30 PM  
Kelly

**GENTLE YOGA**  
6:45-8:00 PM  
Wendy S

**YOGA**  
9:30-10:30 AM  
Gizem

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+.

**C**

Challenging class, not for first-time exercisers.

New classes and changes to the schedule are highlighted

\*Pre-Registration required. FREE for Family Memberships

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

**GROUP CYCLE**  
5:30-6:30 AM  
Joanne

**GROUP CYCLE**  
8:30-9:30 AM  
Heidi

**GROUP CYCLE**  
5:30-6:30 PM  
Doug

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

**GROUP CYCLE**  
5:30-6:30 AM  
Scott

**GROUP CYCLE**  
5:30-6:30 PM  
Mira

**GROUP CYCLE**  
8:00-9:00 AM  
Heidi

**GROUP CYCLE**  
6:00-7:00 PM  
Heidi

**GROUP CYCLE**  
5:30-6:30 AM  
Joanne

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

**GROUP CYCLE**  
5:30-6:15 PM  
Scott

## SUNDAY

**METCON**  
8:15-9:15 AM  
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**Parent & Child YOGA\***  
10:00-10:30 AM  
Kelly (through 4/1)

**Vinaya YOGA**  
4:30-5:30 PM  
Kelly

**GENTLE YOGA**  
6:45-8:00 PM  
Wendy S

**YOGA**  
9:30-10:30 AM  
Gizem

B/C

C

A

WHEELER ROOM

# WHEELER REGIONAL FAMILY YMCA

# GROUP EXERCISE SCHEDULE

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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.

**CHAIR YOGA** – Chair yoga is a gentle practice performed while seated on or standing with the aid of a chair. Like a regular yoga practice, chair yoga postures (asana) increase flexibility, muscle tone, balance, and body awareness. Classes also may include breathing exercises (pranayama) to increase focus, mental clarity, and relaxation. People of all ages and conditions can benefit from the gentle, mindful movements of chair yoga.

**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 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.

**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.

**PARENT & CHILD YOGA** - Learn to practice yoga and mindfulness with your little one, leading by example and encouraging them to take a breath, slow down, smile, observe, and wonder. Parents or caretakers will participate in the class alongside the child they accompany. No prior Yoga experience needed! **Pre-registration required. FREE for Family Membership, additional cost for all other membership types.**

**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 let 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 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.

**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.

**Vinyasa YOGA**– A style of practice that seamlessly links breath and movement. This upbeat yoga class is designed with intention to be sure to make you build strength, create heat, sweat, and smile.

**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.