



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ELM CITY YMCA **GROUP EXERCISE SCHEDULE**

Effective: November 3, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
		6:45 Easy Does It Alex	6:45 Pilates Core Strength Alex		9:00 Pump and Pedal Carla

PM	PM	PM	PM	PM
12:15 Yoga Alice	12:00 Cycling Andy	12:15 Yoga Christina		12:00 Cycling Andy
5:30 Yoga Rahim	5:30 HIIT (High Intensity Interval Training) Carla	5:30 Balance and Flex Together Scott and Rochelle	5:30 High Intensity Step Scott	5:30 Half & Half Step Scott
6:30 ZUMBA Shana	6:30 P-90-X Strength and Conditioning Alex	6:30 Spinning Carla	6:30 ZUMBA Natasha	6:30 P-90-X Strength and Conditioning Alex

FACILITY HOURS

Mon-Fri: 5:00am - 9:00pm
Sat: 8:00am - 5:00pm
Sun: 8:00am - 4:00pm



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GROUP EXERCISE CLASS DESCRIPTIONS

STRENGTH

Half & Half Step: This class is a great mix of classic step combinations followed by strength and resistance exercises. Great for all levels.

HIIT (High Intensity Interval Training): An efficient and effective workout for those who want quick results. Short bursts of activity with periods of less intensity give you guaranteed results.

P-90 X Strength and Conditioning: This intense class combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching to give you the total body work-out.

Pump and Pedal: Start your weekend off right with this invigorating combination of group cycling and off bike strength training, performed in an interval format.

Core Pilates Strength: Tone and strengthen core muscles, improve stability and posture, slim down and tone up. This class involves free flowing moves concentrating on core strength, muscle balance, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball.

Easy Does It: Designed for seniors, beginners and "ready to be fit" participants. Includes low impact cardiovascular exercises, muscle conditioning with resistance equipment, agility training and stretching.

CARDIO

Zumba®: Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Cycling: A fun group workout performed on a stationary cycling bike. This session provides a challenging cardiovascular workout appropriate for all levels.

High Intensity Step: This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

MIND & BODY

Yoga: Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

Balance & Flex Together: Grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

ELM CITY YMCA

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