



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fairfield YMCA GROUP EXERCISE SCHEDULE

Effective: 1/1/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
5:45 Cycling All 6:30 Fitness Studio Jennifer	5:45 Early Rise All 6:30 Fitness Studio Carole	5:45 Cycling All 6:30 Fitness Studio Jennifer	9:10 H2O All 9:55 Pool Jill	5:35 Pedal and Pump 6:30 Hi Fitness Studio Jennifer	8:00 Cycling All 8:50 Fitness Studio Jennifer
9:30 Deep Water All 10:15 Pool Melissa	8:30 Cycling and 10 9:15 Minute Abs All Fitness Studio Marcy	9:30 Deep Water All 10:15 Pool Melissa	9:30 HIIT Hi 10:15 Fitness Studio Debbie	8:15 Cardio 9:00 Sculpting All Fitness Studio Carole	9:00 Boot Camp Hi 9:55 Fitness Studio Jennifer
9:20 Boot Camp Hi 10:20 Fitness Studio Jennifer	9:10 H2O All 9:55 Pool Jill	9:30 Senior H2O Low 10:15 Pool Jill	9:45 Small Ball 10:15 Workout All TRX Room Laura	9:30 Deep Water All 10:15 Pool Melissa	
9:30 Senior H2O Low 10:15 Pool Jill	9:35 TRX Hi 10:20 TRX Room Marcy	9:20 Boot Camp Hi 10:20 Fitness Studio Jennifer	10:30 SilverSneakers® 11:15 Classic Low TRX Room Laura	9:30 SilverSneakers® 10:15 Splash Low Pool Laura	
10:30 AOA Mod 11:15 Fitness Studio Debbie	9:30 Cardio 10:20 Sculpting All Fitness Studio Carole	10:30 Hatha Yoga All 11:30 Fitness Studio Nancy	10:45 Yoga For All 11:45 All Fitness Studio Steve	9:15 Cycling and 10 10:00 Minute Abs All Fitness Studio Marcy	
11:30 Pilates Mat All 12:15 Fitness Studio Debbie	10:30 101 Strength NB 11:00 Fitness Studio Carole	10:30 Qi Gong Low 11:15 TRX Room Melissa		10:30 AOA Mod 11:15 Fitness Studio Laura	
	11:30 Zumba® Gold NB 12:15 Fitness Studio Laura	11:30 TRX Hi 12:15 TRX Room Debbie		11:30 SilverSneakers® 12:15 Yoga Low TRX Laura	
PM	PM	PM	PM	PM	SUNDAY
1:45 SilverSneakers® 2:30 Classic Low TRX Room Melissa	6:20 Hatha Yoga All 7:20 Fitness Studio Nancy	6:00 Cardio Sculpting 7:00 Hi Fitness Studio Joanna	6:00 TRX HI 6:45 TRX Room Laura	5:00 Zumba® All 6:00 Fitness Studio Pauline	8:00 Yogalates All 9:00 Fitness Studio Irene
6:00 Trifecta Workout 6:45 Fitness Studio All Laura			7:00 Transcendental 8:00 Dance All Fitness Studio Laura		9:15 Sunday Am 10:15 Challenge All Fitness Studio Carole
7:00 Vinyasa Power 8:00 Yoga All Fitness Studio Steve					

INTENSITY LEVELS
 SS Silver Sneakers
 NB New Beginnings
 Low Low Intensity
 Mod Moderate Intensity
 Hi High Intensity
 All All Levels Welcome

FACILITY HOURS
M-Th 5:30am-10:00pm
Fri 5:30am-9:00pm
Sat 8:00am-5:00pm
Sun 7:00am-5:00pm

CHILD WATCH HOURS
M-F 9:00am-1:00am
M-F 4:00pm-7:30pm



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Fairfield YMCA

GROUP EXERCISE CLASS DESCRIPTIONS

NEW BEGINNINGS

Try our 101 classes. These 30 minute entry level classes are small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle. support you and teach you how to exercise.

CARDIO

AOA Moderate

This Active Older Adult workout meets Seniors specific wellness needs. Challenging, but non-intimidating. Improves agility, balance, flexibility, cardio, strength and toning.

Boot Camp Hi Intensity

Challenging and effective interval drills designed to enhance cardio and strength conditioning for an energizing weight loss toning workout.

Cardio Sculpting All

A complete body workout incorporating intervals of cardio, strength, toning, power and balance.

Group Cycling All

A unique group exercise class performed on stationary bicycles set to great and motivating music. A cardio and strength workout for all levels.

Deep Water All

A dynamic workout using cardio and strength training intervals in the deep end of the pool.

Early Riser All

A high-energy cardio workout that burns body fat and strengthens and tones muscles. Safe for all fitness levels.

H2O All

This high-energy class is held in the shallow end of the pool. It includes flexibility, a cardio workout, toning and cool down. Resistance, acceleration and buoyancy will be used to alter this workout

FAIRFIELD YMCA

841 Old Post Road, Fairfield, CT 06824
P 203 255 2834 W fairfieldy.org

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.

Sunday AM Challenge All

Cardio and sculpting are combined to burn body fat and to energize you for the week ahead! For all levels

Trifecta workout All

This fantastic workout will stretch your cardio capacity with a triple cardio combination of floor aerobics, step and Zumba.

Pilates Mat All

STRENGTH

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.

Small Ball Workout Moderate

Relieve back pain, reduce stress and excess muscle tension using ball positions with breathing techniques.

TRX Suspension Training High Intensity

Take your workout to the next level. TRX is the newest way to get your body in the best shape of your life. TRX is a suspension training system that combats your body, challenging your strength, power, balance and flexibility.

DANCE

Transcendental Dance All

Mesmerizing, hypnotic, peaceful moves combined with breathing techniques to lengthen and strengthen the core and body.

Zumba® All

For all ages all levels!
Energizing, easy to follow Latin inspired dance style exercise moves.

Zumba® Gold 101 New Beginnings

A fun introduction Zumba class for beginners and Seniors.

YOGA

Hatha Yoga All

This yoga class revitalizes both body and mind. It strengthens the body through gentle stretching, correct breathing and meditation.

Yoga For all All

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques.

Yogalates ALL

A synergy between the ancient discipline of yoga and modern Pilate techniques.

This ultimate body and mind workout will leave you feeling fantastic and toned!

Vinyasa Power Yoga All

Energetic flow style practice with emphasis on movement and breath.

Qigong All

Qigong means "life energy cultivation". It uses breathing techniques, gentle movement and meditation to cleanse, strengthen and circulate life energy.

Seniors

Senior H2O Moderate

A water class designed for seniors wellness needs done in the shallow end of the pool.

SilverSneakers® (Classic) Low Intensity

This class is a multi-level equipment based class to increase strength and range of motion.

SilverSneakers® Splash Low Intensity

An invigorating non-impact Silver Sneakers water exercise class taught in shallow water.

SilverSneakers® Yoga Low Intensity

This class will move your body through chair supported series of seated and standing yoga poses, promoting stress reduction and mental clarity.