



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTH AND WELL BEING CLASS DESCRIPTIONS

AOA

This active older adult class meets the specific needs of seniors. Challenging but non-intimidating.

Cardio Fusion (Free)

A complete body work out incorporating intervals of cardio and strength training. Energizing class!

Cardio Interval (Free)

A class using a variety of cardio and strength training intervals with an introduction to body lifting.

Cycling (Free)

A fun Group Ex class performed on stationary cycling bikes. A cardio and strength training workout for all levels.

Deepwater Workout

A dynamic workout using cardio and strength training intervals in pool.

Early Bird (Free)

An early am workout that burns body fat, strengthens and tones. Great way to start the morning!

H2O

A challenging water class held in the shallow end of the pool. Invigorating!

Hatha Yoga (Free)

This class revitalizes both mind and body and strengthens through stretching, breathing and meditation.

Senior H2O

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

***SilverSneakers(MSROM)**

Muscular Strength and Range Of Motion class is a multi-level equipment based class to increase strength and range of motion.

***SilverSplash**

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

***SilverSneakers Yoga Stretch**

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

Sunday AM Challenge (Free)

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

Transcendental Dance

Mesmerizing, hypnotic, peaceful moves to lengthen and strengthen the core.

Trifecta

Stretch your cardio capacity with triple cardio combo of floor aerobics, step and Zumba.

Ultimate Boot Camp (Free)

A challenging Boot Camp work out using intervals of cardio and strengthening drills.

Yogalates (Free)

A synergy between the yoga and pilates. Leaves you energized.

Yoga for all (Free)

A great workout for novice and experienced Yoga participants.

Zumba Gold

Energizing, easy to follow Latin inspired dance style exercise moves. Beginners and seniors.

For more information contact:

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HEALTH AND WELL BEING CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycling (Jennifer) 5:45-6:30 am FREE	Early Bird (Carole) 6:00-7:00 am FREE	Cycling (Jennifer) 5:45-6:30 am FREE	H2O Aerobics (Seth) 9:05-9:50 am	Deep Water (Melissa) 9:15-9:55 am	Cycling (Jennifer) 8:00-8:50 am FREE	Yogalates (Irene) 8:10-9:00 am FREE
Deep Water (Melissa) 9:15-9:55 am	Cycling (Marcy) 8:30-9:15 am FREE	Deep Water (Melissa) 9:15-9:55 am	Cardio Fusion (Carole) 9:30-10:30 am FREE	Silver Splash (Laura) 9:15-9:50 am	Ultimate Boot Camp (Jennifer) 9:55 am FREE	Sun. AM Challenge (Carole) 9:15-10:15 am FREE
Senior H2O (Barbara) 9:15-10:00 am	H2O Aerobics (Seth) 9:05-9:50 am	Senior H2O (Barbara) 9:15-10:00 am	Silver Sneakers Muscular Strength (Melissa) 10:30 - 11:15 am	Cycling (Marcy) 9:15 - 10:00 am FREE		
Ultimate Boot Camp (Jennifer) FREE 9:20-10:20 am	Cardio Fusion (Carole) 9:30-10:30 am FREE	Ultimate Boot Camp (Jennifer) FREE 9:20-10:20 am	Yoga For All (Steve) 10:45 - 11:45 am FREE	AOA (Laura) 10:30 - 11:15 am FREE		
AOA (Debbie) 10:30 - 11:15 am FREE	Zumba Gold (Laura) 11:30 am-12:15 pm	Hatha Yoga (Nancy) 10:30 - 11:30 am FREE		SS Yoga Stretch (Laura) 11:30 am-12;15 pm		
SilverSneakers® Muscular Strength (Laura) 1:45-2:30 pm	Hatha Yoga (Nancy) 6:20 - 7:20 pm FREE	Cardio interval(Laura) 6:00 - 7:00 pm FREE				
Trifecta Workout (Laura) 6:00 - 6:45 pm FREE		Transcendental Dance (Laura) 7:15-8:00 pm FREE				
Cycling (Jim) 7:15 - 8:00 pm FREE			Cycling (Randee) 7:15 - 8:00 pm FREE			

