



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

# HAMDEN/NORTH HAVEN YMCA

# GROUP EXERCISE

Effective: April 20, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
6:45 Rise n Shine/ 7:45 Strength 101 Low Don	9:15 Zumba All 10:15 Monica	6:45 Rise n Shine/ 7:45 Strength 101 Low Don	9:15 Zumba All 10:15 Monica	6:45 Rise n Shine/ 7:45 Strength 101 Low Don	8:45 Zumba Sampler 10:00 Monique
9:45 Zumba Step All 10:45 Martha	10:30 Zumba Toning 11:00 Joy	8:15 TRX Fusion 9:00 Heather	10:15 Gentle Yoga 11:15 Rebecca	9:15 Zumba All 10:15 Monica	
10:45 Power Yoga 11:45 Rebecca	11:00 INSANITY Hi 12:00 Joy	9:00 SilverSneakers 9:45 Heather	11:15 Power Yoga 12:15 Rebecca	10:30 Zumba Gold 11:00 Toning All Monica	
11:45 Gentle Yoga 12:45 Rebecca	11:15 Cardio Sculpt All 12:00 Staff	9:45 Muscle and Core 10:30 All Heather	11:15 Barre Mat 12:15 Staff	11:45 Cardio Fusion 12:45 Mod Lauren	
		10:30 Zumba All 11:30 Martha			

## SUNDAY

PM	PM	PM	PM	PM	AM/PM
5:45 Barre Mat All 6:30 Cathy	6:00 Zumba All 7:00 Martha	5:45 Non-Stop Tabata 6:30 All Monique	12:15 Gentle Yoga 1:15 Rebecca	5:00 PiYo 5:45 Monique	
6:30 R.I.P.P.E.D. 7:15 All Monique	7:00 Yoga Fusion All 8:00 Sharon		6:00 Zumba All 7:00 Martha	6:00 Zumba Sampler 7:30 Monique	
7:15 Zumba All 8:00 Monica					

### FACILITY HOURS

**M-F 5:30am - 9:30pm**  
**Sat 6:30am - 5:30pm**  
**Sun 10:00am - 5:00pm**

### CHILD WATCH HOURS

**M & W 9:00am - 12:00pm**  
**T & Th 9:15pm - 12:00pm**  
**M-Th 5:15pm - 7:15pm**  
**F 9:00am - 11:00am**  
**Sat 8:45am - 11:30am**

### INTENSITY LEVELS

**NB** New Beginnings  
**Low** Low Intensity  
**Mod** Moderate Intensity  
**Hi** High Intensity  
**All** All Levels Welcome

**HAMDEN/NORTH HAVEN YMCA**  
1605 Sherman Avenue, Hamden, CT 06514  
**P** 203 248 6361 **W** hnhymca.org



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## HAMDEN/NORTH HAVEN YMCA GROUP EXERCISE CLASS DESCRIPTIONS

### NEW BEGINNINGS

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. These classes will support you and teach you how to do exercises!

**Strength 101:** Learn the basics of strength training using your body weight, various equipment and breathing techniques.

### DANCE

**Zumba 101:** Basic Zumba movements and exercises to familiarize you with Zumba.

**Zumba®:** When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

**Zumba Gold®:** Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

### CARDIO

**Cardio Interval & Strength:** Moderate/High This class is an excellent way to burn calories, build endurance and strength quickly. A combination of alternating aerobic activity and sports conditioning by utilizing weights, bands and/or core.

**Cardio Sculpt:** All levels Interval training designed to increase cardiovascular fitness, muscle strength and endurance. You will increase your heart rate and muscular strength using bands, weights and steps.

**INSANITY:** Mod/Hi levels cardio-based total body conditioning program based on principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response" which normally happens when your body gets used to exercising at one exertion. By using the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

**Non-Stop Tabata:** Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout- get in shape the fast way!

**Barre Mat:** Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

**Muscle and Core:** Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

**R.I.P.E.D.:** All levels An energizing workout, utilizing resistance and cardio training, which masterfully combines resistance, intervals, power, plyometrics, and endurance.

### STRENGTH

**Strength:** A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells and free weights. This motivating class will leave you toned, defined and achieving the results you've always wanted.

**Kettle Bell Boot Camp:** All levels focus on increasing functional strength by utilizing compound kettle bell strength movements with an emphasis on form, tension, and breathing. Kettle bell work will be combined with body weight metabolic interval training.

**PiYo®:** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of flowing yoga movements. You'll use your body weight to perform a series of continuous, targeted moves to define every single muscle—big and small. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout that will burn calories for a long, lean, beautiful physique.

### YOGA

**Yoga:** All levels 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.

**Yoga Fusion:** All levels A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates.

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