FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAMDEN/NORTH HAVEN YMCA

GROUP EXERCISE

Effective: April 21, 2014

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	8:00 INSANITY Hi 8:30 Darnell	6:45 Rise n Shine/ 7:45 Strength 101 Low Don	8:45 Zumba Sampler 10:00 Monique
8:45 TRX Fusion 9:15 Registration Req. Darnell	10:30 INSANITY Hi 11:30 Joy	9:15 Cardio Sculpt All 10:15 Heather	9:15 Zumba All 10:15 Monica	8:45 TRX Fusion 9:15 Registration Req. Darnell	
9:15 Zumba/Zumba 10:15 Toning All Joy	11:30 Zumba Toning All 12:00 Joy	9:15 Yoga 10:15 Kami		9:15 Zumba All 10:15 Monica	
10:15 INSANITY Hi 11:15 Joy		10:15 Zumba All 11:15 Loren		10:30 Zumba Gold 11:00 Toning All Monica	
				11:45 Cardio Fusion 12:45 Mod Lauren	

					SUNDAY
PM	**PM**	**PM**	**PM**	**PM**	**AM/PM**
5:45 Cardio Interval & 6:30 Strength All Cathy	6:00 Zumba All 7:00 Martha	5:45 INSANITY Hi 6:30 Darnell	6:00 Zumba All 7:00 Martha	6:15 Zumba All 7:15 Monica	10:15 INSANITY 11:15 Darnell
6:30 Kettle Bell Boot 7:05 Camp Darnell	7:00 Yoga Fusion All 8:00 Elizabeth		7:00 Yoga Fusion All 8:00 Elizabeth	6:15 INSANITY 7:15 Joy	11:15 Kettle Bell 12:15 Boot Camp Darnell
7:05 Zumba All 8:05 Monica					

INTENSITY LEVELS

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

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
Sat 8:45am – 11:30am

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.

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.

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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