



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

GROUP EXERCISE SCHEDULE

Monday

5:30 - 6:30
Power Yoga (Nancy)

9:15 - 10:10
Zumba (Maggie)

10:15 - 11:15
Pilates Mat (Pam)

11:15 - 12:10
Silver Sneakers®
Muscular Strength
(Kathy)

5:00 - 6:00
Zumba (Tanya)

6:00 - 7:00
Y Strength (Tracy)

7:00 - 8:00
Yoga Fusion (Tracy)

Tuesday

5:30 - 6:30
Rise n Shine Boot Camp
(Spenser)

9:15 - 10:10
Cardio Interval &
Strength (Erin)

10:15 - 11:15
Mixed Level Yoga (Jo)

11:15 - 12:00
Intro to Yoga (Jo)

12:15 - 1:00
Express Y Strength
(Kathy)

5:00 - 6:00
Cardio Kick (Cecelia)

6:00 - 7:00
Total Body Fitness
(Lorey)

7:00 - 8:00
Zumba (Tanya)

Wednesday

9:15 - 10:10
Zumba (Maggie)

10:15 - 11:15
Pilates Mat (Pam)

12:15 - 1:00
Zumba Gold (MaryLou)

5:00 - 6:00
Zumba (Tanya)

6:00 - 7:00
Y Strength (Heather)

7:00 - 8:00
Y Kick (Heather)

Thursday

5:30 - 6:30
Rise n Shine Boot Camp
(Spenser)

9:15 - 10:10
Cardio Sculpt (Erin)

10:15 - 11:15
Mixed Level Yoga (Jo)

11:15 - 12:00
Intro to Yoga (Jo)

12:15 - 1:00
Express Y Strength
(Kathy)

6:00 - 7:00
Cardio Power
(Hareem)

7:00 - 8:00
Zumba (Jori)

Friday

9:15 - 10:10
Zumba (Jori)

10:15 - 11:15
Step (Erin)

11:15 - 12:10
Silver Sneakers®
Muscular Strength
(Kathy)

6:00-7:00
Friday Night Zumba
(Tanya)

Saturday

8:00 - 9:00
Core Yoga (Amy)

9:10 - 10:10
Zumba (Tiana)

10:15 - 11:15
Step & Sculpt (Erin)

Sunday

12:00—1:00 pm
Super Sunday Zumba
(Tanya)

SPRING I
February 20 - April 15

Shaded classes require
registration and an
additional fee.

***Free classes are
drop-in on a first come,
first serve basis**

SOUNDVIEW FAMILY YMCA

A branch of the Central Connecticut Coast YMCA

628 East Main, Branford, CT 06405

P 203 481 9622 F 203 481 9363 www.soundviewymca.org

Effective: 2/20/2012



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS DESCRIPTIONS

Cardio Sculpt - 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. **MAX 40**

Cardio Power - 60 minutes of high intensity cardio and interval drills. **MAX 25**

Cardio Interval & Strength-This 1 hour class will combine aerobics and sports conditioning with weights, strength training and core. New Class!!! **MAX 40**

Intro to Yoga -This 45 minute gentle class will offer a descriptive explanation of hatha yoga, breath (pranayama), warm-ups (pratapana), postures (asanas), flows (vinyasas), and balancing poses. Restorative postures will also be taught. Wear comfortable clothing, and bring a small pillow. **MAX 25**

Mixed Level 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. **MAX 25**

Pilates Mat- 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 and flexibility by doing traditional pilates exercises on the mat as well as use of the stability ball. **MAX 25**

STEP - This energetic cardio class strengthens and shapes the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness. **MAX 20**

Total Body Fitness - Burn fat, build muscle, improve balance and flexibility! You will experience a total body workout each session! Timed intervals of aerobic movement with strength building exercises, followed by core strength and stretching! Expect to use free weights, steps, jump ropes, fitness balls, and your own body weight! **MAX 30**

Y Kick Y Kick blends athletic drills with martial arts to create an intense cardiovascular workout. This 60 minute class will get you moving and kick your cardio to the next level! **MAX 40**

Y Strength - A 60 minute 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. **MAX 30**

Yoga Fusion - A blended class that focuses on flexibility and strength, combining the best of Yoga, Tai Chi and Pilates. **MAX 30**

ZUMBA - The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! **MAX 45**

ZUMBA GOLD - This program is designed for those new to exercise, inactive older adults, and those with physical limitations. The moves have been carefully designed to be easy to follow by individuals of any fitness level or age. You will get a safe and effective total body workout. Dance moves and rhythms from Cumbia, Salsa, Meringue, Tango, Rumba, Cha-Cha, and more! **MAX 40**

SOUNDVIEW FAMILY YMCA

A branch of the Central Connecticut Coast YMCA

628 East Main, Branford, CT 06405

P 203 481 9622 F 203 481 9363 www.soundviewymca.org

Effective: 2/20/2012