FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRATFORD YMCA

GROUP EXERCISE SCHEDULE

Effective: April 20, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	**AM**	**AM**	**AM**	**AM**	**AM**
10:00 Qigong/Tai Chi 11:00 Rosemary Exercise Room, L	7:45 Muscle, Core, More 8:30 Therese Exercise Room, H	9:30 SilverSneakers® 10:15 Circuit Virginia Exercise Room, L	7:45 Muscle, Core, More 8:30 Therese Exercise Room, H	9:30 Chair Yoga 10:30 Rosemary Exercise Room, L	8:00 Boot Camp 8:45 Bill Exercise Room, H
10:30 SilverSneakers® 11:15 Splash Krystal Pool, L	9:15 Yoga 10:15 Laurie Exercise Room, M	10:30 SilverSneakers® 11:15 Splash Therese Pool, L	10:30 SilverSneakers® 11:15 Classic Virginia Exercise Room, L	10:30 SilverSneakers® 11:15 Splash Krystal Pool, L	9:30 Yoga 10:30 Bill Exercise Room, M
11:00 Zumba Gold® 12:00 Pauline Exercise Room, L	10:30 SilverSneakers® 11:15 Classic Betty Exercise Room, L	10:30 Pilates 101 11:00 Rosemary Jack's Room, L	11:30 Zumba Gold® 12:30 Pauline Exercise Room, L	10:30 Cardio Interval & 11:15 Strength Betty Exercise Room, M	10:30 Cardio Interval & 11:15 Strength Bill Exercise Room, H
	11:00 Aqua Zumba® 12:00 Pauline Pool, M	11:00 Yoga 101 11:30 Rosemary Jack's Room, L		11:15 Drums Alive® 12:00 Betty Exercise Room, M	

					SUNDAY
PM	**PM**	**PM**	**PM**	**PM**	**AM/PM**
5:30 Yoga 6:25 Charlie S. Exercise Room, M	5:30 * Children's Yoga: 6:15 4-10 year olds Rosemary Jack's Room, M	5:30 Cardio Interval & 6:20 Strength Charlie P. Exercise Room, H	5:30 Step & Sculpt 6:00 Express Gina Exercise Room, M	4:00 $ Zumba® 4:45 Ages 12-16 Brenda Exercise Room, M	10:00 Pilates Mat 10:45 Helen Exercise Room, M
6:30 Martial Arts 7:30 Connecticut 203 386 0433	5:30 Non-Stop Tabata 6:15 Charlie P. Exercise Room, H	6:00 Yoga 7:00 Charlie S. Jack's Room, M	6:00 Indoor Walking 6:30 with Weights Helen Exercise Room, L	5:00 $ Zumba Kids® 5:45 5-8 year olds Brenda Exercise Room, M	
	6:30 Family Cardio 7:15 Interval & Strength, ages 7+ Bill Exercise Room, H			5:30 Barre Mat 6:15 Rosemary Jack's Room, M	
	7:00 Zumba® 8:00 Kelly Exercise Room, M			6:15 PILOXING® 7:15 Gina Exercise Room, H	

H = High Intensity
M = Moderate Intensity
L = Low Intensity

* Class requires preregistration.

$ Class requires an additional fee.

Schedule is subject to change.

FACILITY HOURS
M-Th 5:30am - 9:00pm
Fri 5:30am - 8:00pm
Sat 7:30am - 5:30pm
Sun 10:00am - 4:00pm

CHILD WATCH HOURS
M-Th 9:00am - 11:00am
M-Th 6:00pm - 8:00pm

STRATFORD YMCA
3045 Main Street, Stratford, CT 06614
P 203 375 5844 **W** stratfordymca.org

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GROUP EXERCISE CLASS DESCRIPTIONS

101 Classes: 30 minute entry level classes, small in size, with a focus on introducing participants to basic exercises and equipment within a supportive environment.

Aqua Zumba®: Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of a refreshing workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

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.

Boot Camp: A high intensity workout designed to work the whole body using resistance equipment, steps and high intensity floor exercise.

Cardio Interval and Strength: 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.

Chair Yoga: Learn the basic poses and breathing techniques used in all Yoga classes.

Circuit Training: A class with different stations, rotated throughout the class, including different stability equipment, weights, jump ropes, balls, steps, agility ladders and lots of hard work!

Drums Alive®: Using rhythm as the source of inspiration to discover a new group fitness experience Drums Alive® combines the benefits of a traditional physical fitness program with the brain affected benefits of music and rhythm. Drums Alive® is a program that fosters a healthy balance physically, mentally, emotionally and socially! Join a class and experience how it provides an element of fun and creative expression.

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

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!

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, flexibility by doing traditional Pilates exercises on the mat as well as use of a stability ball.

PILOXING®: A non-stop, cardio fusion of standing pilates, boxing, and dance that will push you past your limits for a sleek and powerful you.

Qigong/Tai Chi: Tai chi is a type of low-impact, weight-bearing, and aerobic - yet relaxing - exercise that began as a martial art. Practiced in a variety of styles, tai chi involves slow, gentle movements, deep breathing, and meditation. Qigong - pronounced chee gong - is a practice that involves a series of postures and exercises including slow, circular movements, regulated breathing, focused meditation, and self-massage.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

SilverSneakers® Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

SilverSneakers® Splash: Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Step & Sculpt Express: This class incorporates step combinations followed by strength and resistance exercises plus a cool-down and stretches.

Yoga: Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.

YogaFit is designed to improve the health, performance, and mental acuity of athletes or individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility and power in a fitness format. YogaFit overcomes the mystery of yoga by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness.

Zumba®: Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Zumba Gold®: The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Zumba® Kids: The Zumba® Kids program is the ultimate dance-fitness party for young Zumba fans, where they can play it loud and rock with friends! This program features age-appropriate music and moves that get kids movin' to the beat. It's all about feeling fearless on the dance floor, reinforcing the idea that it's okay to just be yourself and dance like no one's watching!

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