



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>8:30-9:15</b> Step Express Charlie/Bill	
	<b>9:00-10:00</b> Kripalu Yoga Laurie			<b>9:30-10:15</b> SilverSneakers® YogaStretch Rosemary	<b>9:30-10:30</b> Yoga Bill	
<b>10:30-11:15</b> SilverSneakers® SilverSplash® Therese	<b>10:30-11:15</b> SilverSneakers® Muscular Strength Betty	<b>10:30-11:15</b> SilverSneakers® SilverSplash® Therese	<b>10:30-11:15</b> SilverSneakers® Muscular Strength Virginia	<b>10:30-11:15</b> SilverSneakers® SilverSplash® Krystal	<b>10:30-11:15</b> Muscular Strength Bill	<b>10:15-11:00</b> Pilates Helen
	<b>6:30-7:15</b> Functional Training for Children Bill	<b>5:30-6:20</b> Total Fitness Charlie		<b>6:30-7:30</b> Zumba Gina		
<b>5:45-6:30</b> Tighten 'n Tone Helen	<b>7:00-8:00</b> Zumba Elisa	<b>6:30-7:30</b> Cardio Kickboxing Rosalind	<b>5:45-6:15</b> Upper Body Express Helen			
<b>6:45-7:45</b> Karate \$ (run by Martial Arts CT)	<b>8:00-8:45</b> Water Aerobics Krystal		<b>6:30-7:30</b> Zumba Elisa		<p>CLASSES PENDING DUE TO ENROLLMENT REQUIREMENTS All SilverSneakers® classes are open to facility members SilverSneakers® members can take any of our free-to-members fitness classes</p>	



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

### **Cardio Kickboxing**

Cardio Kickboxing combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. This workout includes movements such as knee strikes, kicks, and punches.

### **Core Balance and Strength Training**

Having a hard time with balance? You need to strengthen your "core" muscles, and core training is sweeping the nation. Each class includes core exercises for improving balance, stability, and overall toning.

### **Functional Training for Children (12 and up)**

A functional training class designed for children integrating kettle bells, dumbbells, body bars, martial arts, and dance. The class is sports-specific training designed to work on strength, power, flexibility, and balance.

### **Pilates**

This physical fitness system for your arms, legs, abdominals, and back builds flexibility, strength, endurance, and coordination.

### **SilverSneakers® Muscular Strength & Range of Movement ®**

Muscular Strength & Range of Movement is the SilverSneakers core class for total body conditioning. An instructor guides you through functional, daily exercise activities with resistance tools to be used at your own pace. Benefits: Improves overall strength, flexibility, posture, and balance.

### **SilverSneakers® YogaStretch®**

YogaStretch is for everyone and offers a variety of safely designed movements to increase flexibility and balance, with restorative breathing exercises to promote stress reduction and mental clarity. Benefits: Increase joint range of movement, strength and balance, and helps with relaxation.

### **SilverSneakers® SilverSplash ®**

For a soothing exercise environment, try the SilverSneakers water exercise class. SilverSplash offers lots of fun for improving cardiovascular endurance. You don't need to know how to swim, and a SilverSneakers kickboard is used to increase strength and for stability and balance in the water. Benefits: A refreshing, non-impact workout. Comforting for members with arthritis or other chronic conditions.

### **Step Express**

Step aerobics is a fun, powerful, low-impact workout. We start with the basics and add intensity and more variety each week. Results are dramatic.

### **Tighten 'n Tone**

Tighten 'n Tone your entire body with this workout that leaves no muscle group out. Your upper body, lower body, and core will love Tighten 'n Tone!

### **Total Fitness**

This class combines many elements: cardio kickboxing, strength training, core work, and stretching.

### **Upper Body Express**

This class focuses on exercising the upper body muscles. Great for those who need more than just cardio and lower-body workouts!

### **Water Aerobics**

Participants of all ages and fitness levels are welcome. This aerobic exercise class, performed in the water, is great for those who do not want to subject their bodies to the stress associated with land exercise. This low-impact, high-benefit program gives everyone what they are looking for. No swimming ability required!

### **Yoga**

Stretch, strengthen, and balance your whole being through guided meditations, stress reduction techniques, and methods to develop a healthy spine. All fitness levels are welcome.

### **Zumba**

Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Zumba Fitness® is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

#### **STRATFORD FAMILY YMCA**

A branch of the Central Connecticut Coast YMCA

3045 Main Street, Stratford CT 06614

P 203 375 5844 F 230 380 0291 W stratfordymca.org

Effective: 9/10/12