FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRATFORD YMCA

GROUP EXERCISE SCHEDULE

Effective: February 2, 2016

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

					SUNDAY
PM	**PM**	**PM**	**PM**	**PM**	**AM/PM**
5:30 Yoga 6:25 Charlie S. Exercise Room, M	4:30 Kid's Yoga 5:30 Sally Exercise Room, M	5:30 Cardio Interval & 6:20 Strength Gina 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 Fusion 10:45 Helen Exercise Room, M
6:30 Muscle & Core 7:15 Anthony Jack's Room, H	5:30 *$ Family 6:30 Couch-to-5K Krystal Outside, M/H	6:00 Yoga 7:00 Charlie S. Jack's Room, M	5:30 *$ Family 6:30 Couch-to-5K Sally Outside, M/H	5:00 $ Zumba Kids® 5:45 5-8 year olds Brenda Exercise Room, M	
6:30 Martial Arts 7:30 Connecticut 203 386 0433	5:45 Barre Mat 6:45 Sally Jack's Room, M		6:00 Pilates Mat 6:30 Helen Exercise Room, M	6:00 Barre Mat 6:45 Gina Exercise Room, M	
	7:00 Zumba® 8:00 Kelly Exercise Room, M		6:30 Cardio Barre 7:30 Sally Exercise Room, M		

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	5:30pm - 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 Power: Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

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.

Body Weight Training: A complete total body workout with no equipment except for a mat. Standing and seated movement with no impact and great results.

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

Cardio Barre: Barre movements with intervals of cardio. There is minimal impact but don't let that fool you. One of the best workouts with standing and seated work. Mat needed.

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.

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.

Family Couch-to-5K: Couch-to-5K is a walk/run program that gradually eases you into running 3.1 miles in just 8 weeks. For all ages.

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 Fusion: 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.

PLYOGA®: A four segment fitness system using fundamental yoga postures as an active and fluent recovery for intense plyometric intervals.

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.

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.

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.

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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