the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRATFORD YMCA

GROUP EXERCISE SCHEDULE

Effective: July 15, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	**AM**	**AM**	**AM**	**AM**	**AM**
10:30 SilverSneakers® 11:15 Splash Krystal	10:30 SilverSneakers® 11:15 Classic Betty	9:30 SilverSneakers® 10:15 Circuit Virginia	9:15 Yoga 10:15 Virginia	9:30 Chair Yoga 10:30 Rosemary	8:00 Boot Camp 8:45 Bill
11:00 Zumba Gold ® 12:00 Pauline	11:00 Aqua Zumba® 12:00 Pauline	10:30 SilverSneakers® 11:15 Splash Krystal	10:30 SilverSneakers® 11:15 Classic Virginia	11:00 SilverSneakers® 11:45 Splash Krystal	9:30 Yoga 10:30 Bill
		10:30 Pilates 101 11:00 Rosemary	11:30 Zumba Gold ® 12:30 Pauline	10:30 Cardio Interval & 11:15 Strength Betty	10:30 Cardio Interval & 11:15 Strength Bill
		11:00 Yoga 101 11:30 Rosemary		11:15 Drums Alive® 12:00 Betty	

					SUNDAY
PM	**PM**	**PM**	**PM**	**PM**	**AM/PM**
5:45 Strength Training 6:30 Helen	6:30 Youth Cardio 7:15 Interval & Strength Bill	5:30 Cardio Interval & 6:20 Strength Charlie	5:15 Circuit Training 5:45 Express Gina	5:15 Circuit Training 6:00 Gina	10:00 Pilates Mat 10:45 Helen
	7:00 Zumba® 8:00 Kelly	6:30 PILOXING® 7:30 Gina	5:45 Indoor Walking 6:15 with Weights Helen	5:30 $ Zumba Kids® 6:15 Brenda	
		6:30 Yoga 7:45 Virginia	7:00 Zumba® 8:00 Kelly		

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

$ = There is a fee associated with the program.

Schedule is subject to change.

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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRATFORD YMCA

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.

Abs Express: A variety of core exercises to strengthen and tone the mid-section or core of the body which includes the abdominals and lower back muscles.

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.

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!

Couch-to-5K: Have you spent too much time on the couch? Join the Couch to 5K program and in eight weeks you'll be transformed into a fitter, healthier you – ready to run your first 5K road race if you choose! This beginner's running schedule has helped thousands of new runners get off the couch and onto the roads, running 3 miles in just two months.

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.

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, sexy, and powerful you.

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: This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.

Strength Training: A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves that may use barbells, free weights or bands. This motivational class will leave you toned, defined and achieving the results you've always wanted.

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.

Youth Couch-to-5K: Get off the couch and away from your screens. Do something very few of your friends have done. This is a great program to get you moving and into running. Couch-to-5K is a walk/run training program that gradually eases you into running 3.1 miles in just 8 weeks. Invite your friends, we'll guarantee a lot of fun.

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!

Zumba® Toning: When it comes to body sculpting, Zumba® Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast.

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