



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WOODRUFF FAMILY YMCA SUMMER POOL GROUP EXERCISE SCHEDULE

Effective: JUNE 30TH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
8:00 Deep Fit 9:00 Pool Wendy ALL	9:00 Aqua Zumba 10:00 Pool Pauline ALL	8:00 Deep Fit 9:00 Pool Wendy ALL	9:15 Aqua Zumba 10:15 Pool Loren ALL	8:00 Deep Water Fit 9:00 Pool Wendy ALL	9:00 Deep Water Fit 9:45 Pool Sally ALL
9:15 Water Fit 10:15 Pool Sally ALL	11:15 <b>*NEW*</b> Water Fit 12:15 Pool Maareena ALL	9:15 Water Fit 10:15 Pool Sally ALL	11:15 <b>*NEW*</b> Water Fit 12:15 Pool Maareena ALL	9:15 Water Fit 10:15 Pool Wendy ALL	
11:15 <b>*NEW*</b> Water Fit 12:15 Pool Sally ALL		11:15 <b>*NEW*</b> Water Fit 12:15 Pool Sally ALL			
					<b>SUNDAY</b>
<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>PM</b>	<b>AM/PM</b>
7:00 Aqua Zumba 8:00 Pool Joanna ALL	6:30 <b>NEW*</b> 7:30 H2O Bootcamp Pool Alisha MOD/Hi <i>Pre-register</i>	6:30 <b>*NEW*</b> 7:30 Deep Water Fit Pool Joanne C	6:30 <b>NEW*</b> 7:30 H2O Bootcamp Pool Alisha MOD/Hi <i>Pre-register</i>		
	6:45 Y-Tri Club 7:45 Swim Practice				

WOODRUFF FAMILY YMCA  
631 Orange Ave., Milford, CT 06461  
P 203 878 6501 W woodruffymca.org

### INTENSITY LEVELS

SS Silver Sneakers  
NB New Beginnings  
Low Low Intensity  
Mod Moderate Intensity  
Hi High Intensity  
All All Levels Welcome

### FACILITY HOURS

M-Th 5:30am - 9:30pm  
Fri 5:30am - 8:00pm  
Sat 7:00am - 5:00pm  
Sun 9:00am - 5:00pm  
**CHILD WATCH HOURS**  
M-Sun 9:00am - 12:00pm  
M-W 5:00pm - 8:15pm  
Th 4:00pm - 8:00pm  
F 5:00pm - 7:00pm



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## WOODRUFF FAMILY YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### NEW BEGINNINGS

Try our 101 classed. These 30 minute entry level classes are small in size and will help you make new friends, become part of a group, and learn to incorporate exercise into your lifestyle.

**TRX 101:** A beginner TRX class that will help get you familiar with TRX training. If you have always wanted to try using the TRX, this is a great place to begin!

**Strength 101:** Learn the basics of strength training using your body weight, various equipment and breathing techniques.

**Zumba®:** When participants see a Zumba class in

### DANCE

action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

**Zumba Gold®:** Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

**Zumbatomic®:** Designed exclusively for youth ages 7-12. Classes are rockin, high energy fitness parties packed with specialty choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia, and more. Parents love this class because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.

### CARDIO

**Cardio Kickboxing:** This class blends athletic drills with martial arts to create a great workout. Learn to use body movements to build self-confidence, release stress and empower yourself.

**Cycling:** A fun group class performed on a stationary cycling bike. This class combines a cardio and strength training workout for all levels. **Pre-sign up required for each individual class begins at 5pm the evening before.**

**Insanity®:** A revolutionary cardio-based total body conditioning program based on principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response," which normally happens when your body gets used to exercising at one level of exertion. By using the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

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

#### Glucosezone:

Safe and effective aerobics class for people with Type I and/or Type II Diabetes. Includes time and space allotted during class for blood glucose testing, and instruction from a Fitnesscript certified Glucosezone instructor.

### SILVERSNEAKERS®

#### 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 used for seated and/or standing support.

#### SilverSneakers® Circuit:

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper - body strength with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises

#### SilverSneakers® - Splash:

Activate your urge for variety! Splash offers fun and shallow water movements 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.

### WATER

**Water Fit:** Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

**Deep Water Fit:** A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20 -30 minutes of cardio with resistance training at the end in the pool.

**Aqua Zumba®** Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and

hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**H2O Bootcamp:** Ready for HIGH INTENSITY? This is not your typical water aerobics class! This cross-training programming combines cardio, weight training, modified plyometrics and core strengthening exercises with traditional swimming exercises to reach a whole new level of fitness. Designed for the recreational swimmer or the seasoned-pro. Swim Caps, goggles, swimming ability and hardwork are required.

### STRENGTH

**Cardio Interval & 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.

**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.

**TRX® Boot Camp:** Boot camp will promise an intense workout that incorporates body weight strength training with our using the TRX® Suspension Training®, kettle bells and weights. Paired with short burst of high intensity cardio that will strengthen and tone all major muscle groups.

**Kettle Bell Boot Camp:** Are you looking for a different type of strength workout? This boot camp will focus on increasing functional strength by utilizing compound kettle bell strength movements with an emphasis on form, tension, and breathing. Kettle bell work will be combined with body weight metabolic interval training. Get encouraged and motivated to push yourself in this group workout!

### YOGA

#### 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.

#### 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.

**Questions?** Please contact Alisha Williams  
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