



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WOODRUFF FAMILY YMCA

# SUMMER GROUP EXERCISE SCHEDULE

Effective: June 23, 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>
5:45 TRX® Bootcamp 6:45 Main Krista HI	7:00 <b>*NEW*</b> Bootcamp 8:00 Main Brian HI/MOD	9:20 Cycling 10:20 Studio Y Alisha ALL	7:00 <b>*NEW*</b> Bootcamp 8:00 Main Brian HI/MOD	8:15 <b>*NEW*</b> Pilates 9:15 Main Joanne LOW	8:05 TRX® Boot 9:00 Camp Main Chris HI
7:00 <b>*NEW*</b> Yoga 8:00 Main Maryann LOW	9:20 Cardio Interval & 10:25 Strength Main Heather ALL	9:20 Step & Sculpt 10:20 Main Jen MOD	9:20 Cycling 10:20 Studio Y Jenn ALL	9:20 Cardio Kickbox 10:20 Main Christine MOD	9:05 Zumba® 10:00 Main Katie ALL
8:15 <b>*NEW*</b> Cycling 9:15 Studio Y Jenn ALL	9:20 Cycling 10:25 Studio Y Jenn ALL		9:20 Bootcamp 10:20 Main Heather ALL	9:20 <b>*NEW*</b> Cycling 10:20 Studio Y Alisha ALL	9:10 Cycling 10:10 Studio Y Rotate
9:20 Zumba® 10:20 Main Pauline ALL	10:30 Strength Express 11:00 Main Brian NB			10:30 TRX® Boot 11:30 Camp Main Heather HI/MOD	10:00 Strength 101 10:30 Main Judith NB
10:30 Yoga 11:30 Main Andrea LOW					10:30 Strength Express 11:30 Main Judith ALL

## SUNDAY

PM	PM	PM	PM	PM	AM/PM
1:00 Silver Sneakers® 2:00 Cardio Circuit Main Audrey SS	12:30 Silver Sneakers® 1:30 Muscular Strength Main Audrey	1:00 Silver Sneakers® 2:00 Cardio Circuit Main Audrey SS	12:30 Silver Sneakers® 1:30 Muscular Strength Main Audrey	12:30 Zumba Gold® 1:30 Main Loren	9:15 Step & Sculpt 10:15 Main Sandi
4:15 <b>*NEW*</b> 5:00 Zumba Kids® Main Kelly	1:45 Silver Sneakers® 2:45 Muscular Strength Main Audrey	5:00 Zumba Kids® 5:45 Main Kelly	1:45 Silver Sneakers® 2:45 Muscular Strength Main Audrey	5:00 Bootcamp Express 5:30 Main Alisha ALL	9:15 Cycling 10:15 Studio Y Chris
5:00 Youth Sports 5:45 Conditioning Main Teddy	4:15 <b>*NEW*</b> Kids Hula- 5:00 Hoop Fitness Main Lauren	6:00 <b>*NEW*</b> 7:00 Hula Hoop Fit Outside Lauren ALL	4:15 <b>*NEW*</b> Zumba 5:00 Kids® Main Kelly	5:30 Bootcamp Express 6:00 Main Alisha ALL	10:30 TRX 101 11:30 Main Heather
5:30 <b>*NEW*</b> Cycling 6:30 Studio Y Alisha ALL	5:00 Kids Yoga 5:45 Main Maryann	6:00 Cardio Kickbox 7:00 Main Cheryl ALL	5:00 <b>*NEW*</b> Zumba® 5:55 Main Amanda ALL	6:00 Bootcamp Express 6:30 Main Alisha ALL	
6:00 Pilates 7:00 Main Peter LOW	6:00 Yoga 7:00 Main Maryann LOW	7:05 <b>*NEW*</b> Zumba 8:05 Toning® Main Lisa ALL	6:00 Yoga 7:00 Main Maryann LOW	6:35 Zumba® 7:30 Main Amanda ALL	
6:00 Kettle Bell 7:00 Outside Teddy HI/MOD	6:00 <b>*NEW*</b> Zumba® 7:00 Outside Joanne J. ALL	8:05 Kettle Bell 8:55 Main Teddy	6:00 <b>*NEW*</b> Cycling 7:00 Studio Y Krista ALL		
7:05 Cardio Kickbox 8:05 Main Peter HI/MOD	6:30 <b>*NEW*</b> 7:30 H2O Bootcamp Pool Alisha HI		6:30 <b>*NEW*</b> 7:30 H2O Bootcamp Pool Alisha HI		
	7:00 Cycling 8:00 Studio Y Chris ALL		7:00 Cycling 8:00 Studio Y Sandy ALL		
			7:00 TRX® Bootcamp 8:00 Main Krista HI		
			7:00 <b>*NEW*</b> Preseason 8:00 Conditioning Grades 9-12 Outside Chris		

**INTENSITY LEVELS**  
SS Silver Sneakers  
NB New Beginnings  
Low Low Intensity  
Mod Moderate  
Hi High Intensity  
All All Levels

### FACILITY HOURS

M-Th 5:30am - 9:30pm  
Fri 5:30am - 8:00pm  
Sat 7:00am - 6:00pm  
Sun 9:00am - 5:00pm

### CHILD WATCH HOURS

M,F,Sa 8:00am - 12:00pm  
T,W,TH 9:00am - 12:00pm  
Sun 9:00am - 12:00pm  
M,T,W,F 5:00pm - 8:15pm  
Thu 4:00pm - 8:15pm

WOODRUFF FAMILY YMCA

631 Orange Ave., Milford, CT 06461

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## WOODRUFF FAMILY YMCA

## GROUP EXERCISE CLASS DESCRIPTIONS

### NEW BEGINNINGS

Try our 101 classes held in our New Beginnings Studio. 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. These classes will support you and teach you how to do exercises!

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

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

### DANCE

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

**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.

**Zumba Kids®:** 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 6:30pm the evening before.

**Step & Sculpt:** 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.

**Hula Hoop Fitness:** Hula Hooping is no longer just for the playground! Burn up to 600 calories in one hour with this fun-filled, full body workout. Use handmade weighted hoops to tone glutes, thighs, abs and lower back muscles while improving balance, joint flexibility and motor skills. Spin 'til you're thin, while having a great time and re-connecting with your inner child

### SILVERSNEAKERS®

#### SilverSneakers® Muscular Strength :

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® Cardio 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

### 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 deep water version of our water fit classes. Water belts, noodles, and barbells are used to strengthen the core, loosen the limbs and relieve stress all while being free of painful pressure on the joints.

**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 to reach a whole new level of fitness. Designed for the recreational swimmer or the seasoned pro. Swim caps, goggles, swimming ability and hard work are required.

### STRENGTH

**Boot Camp:** A total body strength conditioning workout designed to strengthen all the major muscle groups with simple moves using barbells and free weights. This motivating class will leave you toned, defined and achieving the results you've always wanted.

**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

#### Intro to Yoga:

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

#### 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.

**Kids Yoga:** Improve strength, flexibility and coordination. Children will learn how to focus and center themselves with various breathing and visualization techniques. See growth in both respect, mental clarity and stress relief.

**Questions?** Please contact Alisha Williams, Health and Wellness Director  
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