



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WOODRUFF FAMILY YMCA

POOL GROUP EXERCISE SCHEDULE

Effective: August 28 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM	AM	AM	AM	AM	AM
9:00 Deep Water Fit 10:00 Wendy	9:15 Aqua Zumba® 10:00 Shallow End Pauline	9:00 Deep Water 10:00 Fit Wendy	9:15 Aqua Zumba® 10:00 Shallow End Joanne C	9:00 Water Fit 10:00 Shallow End Wendy	9:00 Deep Water 9:45 Fit Joanne
10:15 Water Fit 11:15 Shallow End Wendy	10:15 Deep Water Fit 11:15 Alane	10:15 Water Fit 11:15 Shallow End Sally	10:15 Deep Water Fit 11:15 Alane	10:15 Deep Water Fit 11:15 Wendy	
11:30 Aqua Zumba® 12:30 Shallow End Loren	11:30 *NEW* 12:30 Aqua Power Shallow End Alane	11:30 SilverSplash® 12:30 Shallow End Sally LOW	11:30 *NEW* 12:30 Aqua Power Shallow End Alane	11:30 SilverSplash® 12:30 Shallow End Wendy LOW	

SUNDAY					
PM	PM	PM	PM	PM	AM/PM
7:05 Aqua Zumba® 8:05 Shallow End Naty		6:45 Deep Water 7:45 Fit Joanne	6:45 Deep Water Fit 7:45 Joanne C		

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 - 6:00pm
Sun 9:00am - 5:00pm

CHILD WATCH HOURS
M-F 9:00am - 12:00pm
Sat 8:00am - 12:00pm
Sun 9:00am - 12:00pm
M,T,W 5:00pm - 8:15pm
Thu 4:00pm - 8:15pm
Fri 5:00pm - 7:00pm



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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.

AquaPower: Ready for HIGH INTENSITY? This is not your typical water aerobics class! This cross-training programming combines cardio circuits, resistance training and tabata style workouts to fully strengthen every part of your body

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.

YOGA/BALANCE

Balance and Flex Together:

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
Health and Wellness Director
P 203 878 6501 x 3118 E awilliams@cccymca.org