



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:10 – 10:10 Zumba/ Main Aqua Aerobics/ Pool Yoga Sampler/ Studio Y	9:10 – 10:10 Interval Training/Main Cycling/ Studio Y Aquacize / Pool	9:10 – 9:55 Step / Main Aqua Aerobics/ Pool	9:10 – 10:10 Strength Training/Main Cycling/ Studio Y Aquacize/ Pool	9:10 – 10:10 Cardio Kick Box/ Main Aqua Aerobics/ Pool	9:00 :- 9:55 Zumba/ Main	9:15 – 10:15 Step/ Main
		9:10 – 10:10 Yoga Sampler / Studio Y			9:10 – 10:10 Cycling/Studio Y H2O Power/ Pool	
		10:00-11:15 Strength Challenge/ Main			10:00 -10:55 Cardio Sculpt/ Main	
10:15 -11:15 Aqua Aerobics/Pool		10:15 -11:15 H2O Power/Pool		10:15 -11:15 Aqua Aerobics/Pool		
12:30 – 1:30 SilverSneakers® Silver Splash/ Pool	12:30 – 1:30 SilverSneakers® Muscular Strength/ Main	12:30 – 1:30 SilverSneakers® Silver Splash/Pool	12:30 – 1:30 SilverSneakers® Muscular Strength/ Main			
1:00 – 2:00 SilverSneakers® Cardio Circuit/ Main		1:00 – 2:00 SilverSneakers® Cardio Circuit/ Main				
5:00—6:00 Zumbatonic® Ages 4 -6 / Main	5:00 – 5:45 Yoga Kids/ Main	5:00—6:00 Zumbatonic® Ages 7 -12 / Main				
6:00 -7:00 Pilates/ Main	6:00 – 7:25 Yoga / Main	6:00 – 7:00 Cardio Kick Box/ Main	6:00 – 7:25 Yoga/ Main			
6:45 – 7:45 H2O Power/Pool	6:45 – 7:45 H2O Power/Pool	6:45 – 7:45 Liquid Cardio/Pool	6:45 – 7:45 H2O Power/Pool			
7:05 – 8:05 Cardio Kick Box/ Main	7:00 – 8:00 Cycling/ Studio Y	7:05 – 8:05 Zumba/ Main	7:00 – 8:00 Cycling/Studio Y			
	7:30 – 8:30 Step/ Main					

Key:

Main = Large Room at the end of the hallway

Studio Y = Small room to the right of the entrance

Group Fitness Class Policy for days off:

We will run fitness classes continually through out the year, except on the following days:

Martin Luther King, Presidents, Good Friday, Memorial Day, July 4th, Labor Day, Columbus Day, Veterans Day, Day after Thanksgiving, week of New Years and any day the YMCA is closed.

Weekday AM Classes during the Milford School Districts Winter & Spring Breaks.

During the summer, the weekday AM classes will not run if we have thunder & lightning or a heat advisory



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Group Fitness Class Descriptions

Cardio Kickboxing

Learn to use body movements to build self confidence, release stress and empower yourself. Class uses upper and lower body kick boxing moves with the bag.

Cardio Sculpt

You will get your weekend off to a great start with our combination of cardiovascular and muscular conditioning, utilizing the step and a variety of strength equipment.

Indoor Cycling

Come in and spin out with us! Awesome music will set the course for your `ride` on stationary bicycles. Pre-sign up required for each individual class begins at 5pm the evening before.

Pilates

Is the method of exercise created by Joseph H. Pilates, which combines aspects of Dance Therapy, Yoga and Core Conditioning. This class uses floor exercises & various Pilate's props to enhance the exercises performed.

Strength Challenge

Target all your major muscle groups utilizing an interval format of strength/cardio bursts and a variety of equipment.

Step

Cardio workout using the step keeps you on your toes and moving to the beat.

Strength Training

Strengthen the whole body using a variety of strength equipment.

Yoga

Come discover how the meditation and postures used in yoga are a great path to health, fitness and healing.

Yoga Sampler

Come relax and experience the many benefits of yoga as you experience different styles each week.

Zumba®

Join the party and get your body moving. Latina and other exotic music with slow and fast rhythms will get your heart pumping and your spirit smiling.

Zumatonic

Designed exclusively for kids (ages 4-12), Zumatonic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumatonic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumatonic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

SilverSneakers® Muscular Strength

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and 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 work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

Aquacize

This class uses controlled, non-impact exercises and water walking to improve muscular strength, flexibility and agility.

Aqua Aerobics

Have fun & improve your fitness level during this shallow water class. Cardio workout is followed by resistance training and cool down float/stretch.

H2O Power

Feel your power as you improve both cardiovascular and muscular strength in the deep end of the pool. You must wear a flotation belt or use a water horse for this class.

Liquid Cardio

Get yourself moving in this class while you are getting a total body workout in shallow water.

SilverSneakers® - SilverSplash

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.