



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BRIDGEPORT YMCA GROUP EXERCISE SCHEDULE

Effective: September 25, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>	<b>AM</b>
10:00 <b>SilverSneakers</b> 11:00 All Community Rm Anna		10:00 <b>SilverSneakers</b> 11:00 All Community Rm Anna			
					12:30 <b>Brazilian Dances</b> 2:00 All Community Rm Thelma
					SUNDAY
PM	PM	PM	PM	PM	AM/PM
6:00 <b>Balance &amp; Flex</b> 7:00 All Community Rm Sally		6:30 <b>Zumba</b> 7:00 All Community Rm Pauline			
7:00 <b>Yoga</b> 8:00 All Aerobics Studio Thomas	7:00 <b>Capoeira</b> 8:30 All Aerobics Studio Efraim				
7:00 <b>Capoeira</b> 8:30 All Community Rm Efraim					

**INTENSITY LEVELS**

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

**FACILITY HOURS**  
 Mon-Fri 5:30am - 9:00pm  
 Sat-Sun 8:00am - 4:30pm

**CHILD WATCH HOURS**  
 Mon-Thurs 6:00pm - 8:30pm

**BRIDGEPORT YMCA**  
 850 Park Avenue, Bridgeport, CT 06604  
 P 203 334 5551 W bridgeportymca.org  
 Twitter.com/BridgeportYMCA



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## BRIDGEPORT 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!

#### **Abs 101:** All Levels

Want a powerful core? This class will take you through a series of exciting exercises to keep your core in check. Develop your abs, lower back and obliques in just 30 minutes!

### DANCE

#### **Zumba®:** All Levels

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. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among re-turning students.

#### **Aqua Zumba®:** All Levels

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 a workout that's cardio-conditioning, body-toning, and most of all, exhilaration beyond belief.

#### **Salsa:** All Levels

Work out to Latin music! Improve your flexibility, strength, endurance and sense of well-being while you have fun! The program, for all fitness levels, combines fast and slow rhythms that tone and sculpt your body as you dance.

#### **Brazilian Dances:** All Levels

The Brazilian dance class is an exhilarating and dynamic workout. The classes cover a variety of Brazilian dances, including Samba from Rio de Janeiro and Sao Paulo – Brazil. Afoxe, and Samba-reggae from Bahia –Brazil. In addition to basic steps, routines, choreographies and a workout for core, glutes, legs, arms and stretch in the beginning and ending of each class. It is a complete workout with great music and dance! No previous experience required. Brazilian dances is friendly to all ages and all body types!

### CARDIO

#### **Body Sculpting:** All Levels

A complete body workout incorporating intervals of cardio, strength, toning, power and balance.

#### **Non-Stop Tabata:** All Levels

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout– get in shape the fast way!

#### **Body Weight Training:** All Levels

A complete total body workout with no equipment except for a mat. Standing and seated movement with no impact and great results.

### STRENGTH

#### **Kardio Kickbox:** All Levels

Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class.

#### **Aqua Power:** All Levels

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

#### **Balance & Flex Together:** All Levels

Participants will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey.

#### **Barre Mat:** All Levels

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work outs on the market today.

#### **Capoeira:** All Levels

This exciting introductory Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration. No martial arts experience is necessary.

#### **Muscle and Core:** All Levels

Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.

#### **SilverSneakers® Muscular Strength:** Low

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. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support. Check out this fun class today

### YOGA

#### **Yoga:** All Levels

Yoga for the novice and the experienced yoga participant. Revitalizes the mind, body and spirit with strengthening, stretching and breathing techniques. Grow longer and stronger as you work through movement designed to increase your flexibility, release tension, and improve posture.

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