



CHESHIRE COMMUNITY YMCA

Group Exercise Schedule:

Effective 06/13/2022

Highlighted Classes are New!

MONDAY

8-9AM	HIIT Cycling - Kristin
9:15-10AM	Total Body - Donna
12:30-1:30PM	Enhance Fitness - Jen
5-5:45PM	Zumba® - Yajaira
6-7PM	Boot Camp - Nikki

TUESDAY

7-7:45AM	Body Blast - Donna
8-9AM	Yin Yoga - Lynn
9:15-10AM	Strength Train - Donna
12:30-1:15PM	Silver Sneakers - Donna
5:05-5:35PM	HIIT - Nikki
6-7PM	Yoga - Nancy

WEDNESDAY

7-7:50AM	Yoga Flow - Lynn *New Time!*
8-8:45AM	Tai Chi - Ken
9:15-10AM	Low Impact - Donna
12:30-1:30PM	Enhance Fitness - Donna
5-5:45PM	Barre - Lucy
6-6:45PM	Zumba® - Donna

THURSDAY

7-7:45AM	Body Blast - Donna
8-9AM	Yin Yoga - Lynn
9:15-10AM	Strength Train - Donna
12:30-1:15PM	Silver Sneakers - Nikki
5-5:45PM	HIIT+Core - Allison
6-7PM	Yoga - Tony

FRIDAY

7-7:50AM	Barre Class - Lynn *New Time!*
8-9AM	HIIT Cycling - Kristin
9:15-10AM	Boot Camp - Donna
10:15-11AM	Tai Chi - Ken
5-5:45PM	Zumba® - Yajaira

SATURDAY

8:15-9AM	Cycle - TBA
9:15-10:15AM	Zumba® - Donna

BEFORE YOU ARRIVE

Reservations are no longer required for most classes.

In the case of instructor unavailability, virtual classes are available on our Virtual YMCA website at <https://sccymca.y.org>

DURING CLASS

There are no class maximums for participation in class.

Masks are optional.

Cycling Classes require pre-registration at either the Wellness Desk or by calling the Membership Desk at 203.272.3150.

Class descriptions are on the back

Cheshire YMCA Group Exercise Class Descriptions

Barre – A combination of ballet, Pilates, and yoga movements focusing on isometric strength training, combined with high repetitions of small range of motion movements. Barre incorporates light handheld weights and core work.

Body Blast – A 45-minute class designed to increase muscular strength and endurance using free weights and stability ball.

Boot Camp – A high intensity cardio and strength training workout.

Enhance Fitness – A researched based senior fitness and arthritis management program to help older adults become active, energized, empowered for independent living.

Group Cycling – Takes place on an ultra-smooth stationary bike, urging you on to new levels of strength and endurance.

HIIT – High Intensity Interval Training: Intervals of high intensity strength and cardio with periods of recovery.

HITT Cycling – Group Cycling done with intervals of high intensity and recovery to build strength and endurance.

Low Impact Aerobics – “Nice & easy” low impact cardio & strength training for all age levels.

Silver Sneakers – focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for standing or support.

Strength Train – A 45-minute class that will help you tone and build strength.

Tai Chi – A healing martial art form that combines the use breath, posture, movement, and/or sound to cleanse, refine, accumulate, and circulate Qi in the body. Can be done seated or standing.

Total Body – A combination of weights of weights and cardio for a total body workout.

Yoga – Yoga uses breathing techniques and a flowing series of postures to enhance body awareness, reduce stress, increase flexibility and improve strength.

Zumba – Latin inspired total body cardio workout. Dance to great music and burn a ton of calories. Fun for all ages. You don’t have to know how to dance to do Zumba.