



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHINGTON COMMUNITY YMCA WELLNESS CLASS SCHEDULE

Effective as of 1/2/23

## MONDAY

5:15-5:45AM	Resist (29)
5:50-6:15AM	Core (29)
8-8:45AM	Chair Yoga (130)
9-10AM	All Levels Yoga (130)
9:15-10AM	Indoor Cycling (GYM)
9:30-10AM	Ladies Who Lift* (SMBC)
9:30-10:15AM	Healthy Bones-Strength (29)
9:30-10:30AM	Strength Training** (WR)
10:15-11AM	Hot Yoga (130)
10:30-11AM	Resist (GYM)
10:30-11AM	Weekday Workout* (HW)
10:30-11:30AM	Enhance@Fitness+ (29)
11:05-11:30AM	Core (GYM)
11:45-12:30PM	SilverSneakers® (29)
12:45-1:30PM	Tai Chi (29)
5:15-5:45PM	Barre (29)
5:30-6:30PM	Hot Yoga (130)
6-6:45PM	Zumba® (29)
6:45-7:45PM	Vin & Yin Yoga (130)
7-7:30PM	Y360 (29)

## TUESDAY

5:15-6AM	All Levels Yoga (130)
8:15-9AM	Pilates, Core, & More (130)
8:30-9AM	Barre (29)
9:15-10AM	Gentle Yoga (130)
9:15-10AM	Cardio/Strength (GYM)
9:15-10AM	Low Impact (29)
9:30-10AM	Ladies Who Lift* (SMBC)
10:15-11AM	Healthy Bones-Strength (29)
10:15-11:15AM	Healthy Bones-Yoga (130)
11:15-11:45AM	Balance Training* (29)
5-5:45PM	Cardio Dance Step (29)
6-6:45PM	Indoor Cycling (29)
7-7:45PM	Resist (29)
7-7:45PM	Gentle Yoga (130)

## WEDNESDAY

5:15-6AM	Yoga Sculpt (130)
5:15-6:15AM	HIIT (29)
8-8:45AM	All Levels Yoga (130)
8-9AM	Enhance@ Fitness+ (29)
9-10AM	Gentle Yoga (130)
9:15-10AM	Indoor Cycling (GYM)
9:15-10:15am	Cardio Kick & Core (29)
9:30-10AM	Ladies Who Lift* (SMBC)
9:30-10:30AM	Strength Training** (WR)
10:15-11AM	Meditation (130)
10:30-11:15AM	Zumba Gold® (29)
10:30-11:15am	Chair Yoga (GYM)
11:30-12:30PM	BabyBoomer Bootcamp (GYM)
11:45-12:30PM	SilverSneakers® (29)
4:15-5PM	Youth Strength Training** (HW)
5-5:45PM	Cardio/Strength (29)
6-6:45PM	Zumba® (29)
6-6:45PM	Breathe, Move, Meditate (130)
6:30-7PM	Weekday Workout* (HW)
7-7:45 PM	All Levels Yoga (130)

## THURSDAY

5:15-6AM	Hot Yoga (130)
5:15-6AM	Indoor Cycling (29)
8-8:45AM	All Levels Yoga (130)
9-9:30AM	Y360 (29)
9-9:45AM	Pilates, Core, & More (130)
9:30-10AM	Ladies Who Lift* (SMBC)
9:45-10:30AM	Kickboxing Bootcamp (GYM)
10-11AM	Healthy Bones-Yoga (130)
10-10:45AM	SilverSneakers® (29)
11:30-12:15PM	Tai Chi (29)
4:15-5PM	Kid's Fitness (GYM)
6-6:45PM	Bootcamp (HW)
6-6:45PM	Indoor Cycling (29)
6-7PM	All Levels Yoga (130)
7-7:45PM	Zumba® (29)

## SCHEDULE NOTES

Classes are for ages 16 and older.

Ages 11-15 can attend with an adult with the exception of Cycling classes.

Instructors reserve the right to determine if a class is appropriate for youth age 11-15.

Classes are subject to change.

## FRIDAY

5:15-5:45AM	HIIT (29)
5:50-6:15AM	Core (29)
8:30-9AM	Core (29)
8:30-9:15AM	Hot Yoga (130)
9:15-10AM	Fitness Blast (GYM)
9:30-10AM	Ladies Who Lift* (SMBC)
9:30-10:15AM	All Levels Yoga (130)
9:30-10:15AM	Barre Bootcamp (29)
10:30-11AM	Balance Training* (29)
10:30-11AM	Weekday Workout* (HW)
10:30-11:15AM	Chair Yoga (GYM)
10:30-11:15AM	Gentle Yoga (130)
11:30-12:30PM	Enhance@ Fitness+ (29)
6:30-7PM	Weekday Workout* (HW)

## SATURDAY

7:30-8:15AM	Indoor Cycling (29)
8-9AM	Power Yoga (130)
9-9:45AM	Tai Chi (29)
9:15-10AM	All Levels Yoga (130)

## CLASS LOCATIONS & INFO

<b>29</b>	Studio 29 at High Street
<b>130</b>	Studio 130 at Spirit Mind Body Center
<b>CS</b>	Cycling Studio at High Street
<b>SMBC</b>	Spirit, Mind, Body Center
<b>HW</b>	High St Health and Wellness
<b>WR</b>	High St Weight Room
<b>RC</b>	Racquetball Court
<b>APR</b>	All Purpose Room
<b>LT</b>	Linear Trail (Meet in Health & Wellness)
<b>BF</b>	Field on North Side of 29 High St Building
<b>YCS</b>	YMCA Camp Sloper

\* Free but requires sign up at Member Services

\*\* Requires registration at front desk and a fee

+ Free but requires sign up at HW desk.

## CLASS DESCRIPTIONS

**BabyBoomer Bootcamp** – Cardio and sculpting without the jumping! Burn fat and have fun!

**Balance Training** – A more advanced balance class for adults who may have lower fall risk, but want to preserve their stability.

**Barre** – A unique toning class emphasizing hips, buns, and thighs. Ballet bar and chairs are utilized.

**Barre Bootcamp** – An energetic full body work out with traditional barre moves in addition to a full body workout. Ballet bar and chairs are utilized. The class will end on the mat with core work.

**Bootcamp** – High intensity cardio moves and strength training for a full body workout.

**Cardio Dance Step** – A combo of dancing and step class!

**Cardio Kick & Core** – Kick and punch your way to better health with fun kickboxing drills, choreography. And core work.

**Cardio/Strength** – A little bit of everything! Cardio & strength training. Great for any fitness level.

**Core** – Strengthen both abdominal and back muscles in this express workout.

**Cycling (Group)** – Takes place on an ultra smooth stationary bike in our gymnasium, urging you on to new levels of strength and endurance. Members may need to assist moving their bikes for class.

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

**Fitness Blast** – Fullbody workout that will jumpstart your day. Low-impact options are provided for every exercise, making this class a fit for everyone!

**HIIT** – High Intensity Interval Training. High intensity cardio moves and strength training recovery periods for a full body workout.

**Healthy Bones (Strength)** – An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on movements that can cause fracture. Class includes floor exercise. Instructors will teach safe methods to get up and down from floor.

**Kickboxing Bootcamp** – Combo of kickboxing, strength and cardio. Utilizes kickboxing tools such as punching bags. Gloves recommended but not required.

**Kid's Fitness (Ages 7-10)** – Class focuses on teaching fundamental skills, fitness, & developing self-esteem while having fun.

**Ladies Who Lift**– A basic guided workout including strength and cardio utilizing the equipment at the Spirit, Mind, Body Center.

**Low Impact** – "Nice & easy" low impact cardio and strength training for all ages and levels.

**Pilates, Core, & More** – Utilizes Pilate's techniques and other core training strategies to create balance & core stability.

**Resist** – Strength Training using resistance tools such as weights, tubing, body weight, and more!

**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 available if needed for seated or standing support.

**Strength Training** – Weight room instruction in a small group setting. All levels welcome.

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

**Walk & Talk**– Walk and talk on the Linear Trail with our Y instructors and meet new friends! Meets at the Spirit, Mind, Body Center.

**Weekday Workout**– A basic guided workout including strength & cardio utilizing the equipment at the Health & Wellness Center.

**Y360** – Meet higher levels of fitness at the Y through Y360's comprehensive and intense workout routines where certified, highly skilled staff will train you using safe, effective equipment. You'll get it all in just 30 minutes.

**Youth Strength Training (Ages 11-14)** – A weight training program consisting of cardio training, muscle conditioning, and flexibility training.

**Zumba®** – Fun & easy fusion of Latin, Belly, and Hip-Hop dance style moves for all levels.

**Zumba Gold®** – Easy to learn dance moves for adults at an easier pace.

## YOGA CLASSES

**All Levels Yoga** – This class blends various yoga traditions and styles. Class moves at a moderate pace to build heat and promote strength, balance, and flexibility. May incorporate longer held poses. Instructors will offer options and modifications for all levels of practice.

**Breathe. Move, Meditate**–Intended to soothe anxiety and stress, this class will combine several techniques to calm the mind and nervous system. Begins with yogic breathing technique, followed by gentle movement that can be done on a chair or the floor. Class ends with a longer, guided meditation.

**Chair Yoga** – A gentle, mindful yoga class utilizing seated and standing poses with a chair for assistance.

**Gentle Yoga** – Reduce stress and tension in your body with this slow-moving class that deeply stretches the body. Class will incorporate seated and reclining postures. May incorporate gentle, standing poses.

**Healthy Bones (Yoga)** – An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on yoga techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on movements that can cause fracture. Class includes floor exercise. Instructors will teach safe methods to get up and down from floor.

**Hot Yoga** – Uses heat to improve your immune system and promote relaxation.

**Power Yoga**–A moderate-vigorous intensity practice focusing on building power and endurance.

**Vin & Yin Yoga** – This class blends various yoga traditions and styles. Class moves at a moderate pace to build heat and promote strength, balance, and flexibility. May incorporate longer held poses. Instructors will offer options and modifications for all levels of practice.

**Yoga Nidra for Sleep** – Leave your stress at the door and unwind, focusing your attention on bringing your body into relaxation one body part at a time. Yoga Nidra helps reduce anxiety and stress, and encourage positive sleep patterns. Class ends with a quiet guided meditation.

**Yoga Sculpt** – Upbeat all levels fitness class that incorporates a yoga warm up and workout that blends basic yoga poses with strength building using light weights and bodyweight. Class includes some light cardio but can be easily modified with low impact movements. Class closes with stretch a peaceful moment in savasana.

Classes are subject to change at any time.

**SOUTHINGTON COMMUNITY YMCA**  
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