



**CHESHIRE COMMUNITY YMCA**  
**Group Exercise Schedule Winter 2023**  
**Effective 2/10/2023**

**\*Bolded Classes Are New\***

**MONDAY**

<b>7-8AM</b>	<b>Cycling</b>	<b>Kristin</b>
<b>8:05-9:05AM</b>	<b>Yin Yoga</b>	<b>Lynn</b>
9:15-10AM	Total Body	Donna
12:30-1:30PM	EnhanceFitness®	Jen
5-5:45PM	Zumba®	Yajaira
6-7PM	HIIT	Allison

**TUESDAY**

7-7:45AM	Body Blast	Donna
8-9AM	Yin Yoga	Lynn
9:15-10AM	Super Sculpt	Donna
12:30-1:15PM	SilverSneakers®	Donna
5-5:45PM	Pop Pilates®	Deb
6-7PM	Cycling	Scott

**WEDNESDAY**

7-7:50AM	Yoga Flow	Lynn
8-8:45AM	Tai Chi	Ken
9:15-10AM	Low Impact	Donna
12:30-1:30PM	EnhanceFitness®	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	Super Sculpt	Donna
<b>12:30-1:20PM</b>	<b>SilverSneakers®</b>	<b>Donna</b>
5-5:45PM	Pop Pilates®	Deb
6-7PM	Cycling	Scott

**FRIDAY**

<b>7-8AM</b>	<b>Cycling</b>	<b>Kristin</b>
<b>8:15-9AM</b>	<b>Tai Chi</b>	<b>Ken</b>
9:15-10AM	Boot Camp	Donna
12:30-1:15PM	Chair Yoga	Tony
<b>1:45-2:35PM</b>	<b>Barre</b>	<b>Lynn</b>
5-5:45PM	Zumba®	Yajaira

**SATURDAY**

8:05-9:05AM	Cycling	Scott
9:15-10:15AM	Zumba®	Donna
10:30-11:30AM	Yoga	Nancy

**SUNDAY**

9-9:45AM	Pop Pilates®	Deb
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**MX4 & MX4 ACTIVE**

Small Group Training designed to develop Cardio, Strength, Power & Endurance.

Maximum of 6 participants. Sign-up required.

To sign-up use the Sign-up book in the Wellness Center or call 203.272.3150.

**MONDAY**

<b>9-9:30AM</b>	<b>Body Rev</b>	<b>Jen</b>
9:35-10:05AM	Body Rev Light	Jen
10:15-11AM	MX4 Active	Jen

**TUESDAY**

9-9:30AM	Body Rev	Jen
10:15-11AM	MX4 Active	Jen
4:15-4:45PM	MX4	Nikki
4:50-5:20PM	HIIT	Nikki

**WEDNESDAY**

10:15-11AM	MX4 Active	Donna
5:30-6PM	MX4	B

**THURSDAY**

9-9:30AM	Body Rev	Jen
10:15-11AM	MX4 Active	Donna

**FRIDAY**

9:15-9:45AM	MX4	Katie
10:15-11AM	MX4	Katie

**SATURDAY**

9:15-9:45AM	MX4	B
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**Cycling Classes Require Pre-Registration.**  
**Please sign up at the Wellness Desk or call the Membership Desk at 203.272.3150.**

**\*Class descriptions on the back.**

**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.

**Body Rev** – An intense 30-minute circuit combining strength and cardio. A quick, fun, effective workout that will increase calorie burn throughout the day.

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

**Chair Yoga** – Uses breathing techniques and a flowing series of postures to enhance body awareness, reduce stress, increase flexibility and improve strength, using a chair to modify makes the class appropriate for anyone with mobility restrictions.

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

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

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

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

**Pop Pilates®** – POP Pilates® is where strength meets flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat.

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

**Super Sculpt** – 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.