



CHESHIRE COMMUNITY YMCA
Group Exercise Schedule Spring 2023
Effective 4/16/2023

Bolded Classes Are New

MONDAY

| | | |
|--------------|-----------------|---------|
| 7-8AM | Cycling | Kristin |
| 8:05-9:05AM | Yin Yoga | Lynn |
| 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 | Kristen L |

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 |
| 12:30-1:20PM | SilverSneakers® | Allison |
| 5-5:45PM | Pop Pilates® | Deb |
| 6-7PM | Cycling | Cathy |

FRIDAY

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

SATURDAY

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

SUNDAY

| | | |
|----------|--------------|-----|
| 9-9:45AM | Pop Pilates® | Deb |
|----------|--------------|-----|

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

| | | |
|------------|------------|------|
| 9-9:45AM | Body Rev | Jen |
| 10:15-11AM | MX4 Active | Jen |
| 5:15-6PM | MX4 | Kyle |

TUESDAY

| | | |
|---------------------|-----------------------|------------|
| 9-9:30AM | Body Rev | Jen |
| 9:35-10:05AM | Body Rev Light | Jen |
| 10:15-11AM | MX4 Active | Jen |
| 4:15-4:45PM | Blessed | |
| 4:50-5:20PM | HIIT | Blessed |

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 | Blessed |
| 10:15-11AM | MX4 | Blessed |

SATURDAY

| | | |
|-------------|-----|---|
| 9:15-9:45AM | MX4 | B |
|-------------|-----|---|

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.