



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CLASS SCHEDULE CHESHIRE COMMUNITY YMCA

Effective 01/05/2025

MONDAY

8-9AM	Flow Yoga (APR)
9-9:45AM	Super Strength (Turf)
9:15-10AM	Total Body (APR)
12:30-1:30PM	Enhance@Fitness+ (APR)
5:00-5:45PM	Zumba® (APR)
6-6:30PM	MX4+ (Turf)
6:45-7:15PM	MX4+ (Turf)

TUESDAY

7-7:45AM	Body Blast (APR)
8-9AM	Yin Yoga (APR)
8:30-9AM	Body Rev+ (Turf)
9:15-10AM	Kick & Strength+ (Turf)
9:15-10AM	Barre (APR)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:20PM	Silver Sneakers (APR)
5-5:45PM	Pop Pilates (APR)
6-7PM	Cycling
7:05-7:50PM	All Levels Yoga (APR)

WEDNESDAY

8-8:45AM	Tai Chi (APR)
8:30-9	Shred & Sweat (Turf)
9:15-10AM	Low Impact (APR)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:15PM	Silver Sneakers (APR)
5-5:45PM	Barre (APR)
4:45-5:30PM	MX4+ (APR)
6-6:45PM	Zumba® (APR)

THURSDAY

7-7:45AM	Body Blast (APR)
8-9AM	Yin Yoga (APR)
9-9:45AM	Super Strength (Turf)
9:15-10AM	Total Body (APR)
10-10:30	Shred & Sweat
12:30-1:20PM	Silver Sneakers (APR)
5-5:45PM	Pop Pilates (APR)
6-6:45PM	HITT (Turf)
6:05-7:05PM	Flow Yoga (APR)

FRIDAY

8:15-9AM	Tai Chi (APR)
9:15-10AM	Super Sculpt (APR)
9:15-10AM	Kick & Strength+ (Turf)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:15PM	Chair Yoga (APR)

SATURDAY

8:05-9:05AM	Indoor Cycling (APR)
9:15-10:15AM	Zumba® (APR)
9:15-9:45AM	MX4+ (Turf)
10:30-11:30AM	Yoga (APR)

SUNDAY

8:20-9AM	HITT (Turf)
9-9:45AM	Pop Pilates (APR)

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.

CLASS LOCATIONS & INFO

APR All Purpose Room

Turf Turfed area located in the Health and Wellness Center

** Requires registration at the front desk and a fee

+ Free but requires sign up at HW desk.



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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.

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

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.

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

Kick & Strength – A fierce and fun 45-minute class blending strength training and kickboxing! Power through 10 rounds of bag work, free weights, resistance, and bodyweight exercises. **Gloves required** – bring your own or borrow a pair!

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

Pop Pilates® – Pop Pilates® is where strength meet flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. Its dance on a mat

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.

Super Sculpt – A 45-minute class that will help you tone and build strength.

Shred & Sweat- This 30-minute class combines cardio bursts with strength exercises to tone muscles and boost endurance. Get ready to torch calories, build strength, and leave feeling energized. Perfect for a quick, effective workout!

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.

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

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

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. Instructors will offer options for all levels of practice.

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

Flow Yoga – Vinyasa (flow) yoga moves at a moderate pace to build heat and promote strength, balance, and flexibility. Yin yoga incorporates longer held floor-based stretches. Instructors will offer options for all levels of practice.

Classes are subject to change at any time.



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