

**REGIONAL YMCA**  
**GROUP EXERCISE SCHEDULE**

2 Huckleberry Hill Rd  
Brookfield, CT, 06804



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Strength Training</b> 6:00a-6:30a Shelley <b>STUDIO</b>		<b>Strength Training</b> 6:00a-6:30a Jane <b>STUDIO</b>	<b>Strength Training</b> 6:00a-6:30a Jane <b>STUDIO</b>		
<b>Forever Strong</b> 8:00a-8:45a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Cardio Circuit</b> 8:00a-9:00a Helen <b>GYM</b>	<b>Forever Strong</b> 8:00a-8:45a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Cardio Circuit</b> 8:00a-9:00a Helen <b>GYM</b>			
<b>Yoga</b> 9:00a-10:00a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Pilates</b> 9:15a-10:15a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Yoga</b> 9:15a-10:15a Patty <b>STUDIO</b> <i>reserve studio spot</i>	<b>Pilates</b> 9:00a-10:00a Debbie <b>STUDIO/ZOOM</b> <i>reserve studio spot</i>	<b>Zumba</b> 9:15a-10:15a Dolores <b>STUDIO</b> <i>reserve studio spot</i>	<b>LES MILLS BODYPUMP</b> 9:00a-10:00a Sharon <b>GYM</b>	<b>Zumba</b> 9:00a-10:00a Stephanie <b>GYM</b>
<b>LES MILLS BODYPUMP</b> 9:30a-10:30a Laura <b>GYM</b>	<b>High Fitness</b> 9:15a-10:15a Pam <b>GYM</b>	<b>Step</b> 9:15a-10:15a Marisa <b>GYM</b>	<b>Workout with Marisa</b> 9:15a-9:45a Marisa <b>GYM</b>	<b>Kickboxing</b> 9:15a-10:15a Marisa <b>GYM</b>	<b>Pilates</b> 9:15a-10:15a Nada <b>STUDIO</b> <i>reserve studio spot</i>	<b>Yoga</b> 9:15a-10:15a Leah <b>STUDIO</b> <i>reserve studio spot</i>
<b>Zumba</b> 11:00a-12:00p Stacey <b>GYM</b>		<b>LES MILLS BODYPUMP</b> 10:30a-11:30a Marisa <b>GYM</b>	<b>LES MILLS BODYPUMP EXPRESS 30</b> 9:50a-10:20a Marisa <b>GYM</b>	<b>LES MILLS BODYPUMP</b> 10:30a-11:30a Marisa <b>GYM</b>	<b>Dance Party</b> 10:30a-11:30a Mary Lou <b>STUDIO</b> <i>reserve studio spot</i>	<b>Butts and Guts</b> 10:30a-11:30a Blythe <b>STUDIO</b> <i>reserve studio spot</i>
		<b>Active &amp; Strong</b> 11:45a-12:45p Marisa <b>GYM</b>	<b>Zumba</b> 10:30a-11:30a Jody <b>GYM</b>	<b>Active &amp; Strong</b> 11:45a-12:45p Marisa <b>GYM</b>		
<b>Zumba</b> 5:15p-6:15p Alexis <b>STUDIO</b> <i>reserve studio spot</i>	<b>Surge Fit</b> 6:00p-6:45p Pam <b>GYM</b>	<b>Yoga</b> 6:00p-7:00p Leah <b>STUDIO</b> <i>reserve studio spot</i>	<b>Yoga</b> 5:25p-6:25p Trish <b>STUDIO</b> <i>reserve studio spot</i>			
<b>LES MILLS BODYPUMP</b> 6:30p-7:30p Maria <b>GYM</b>	<b>Barre None</b> 6:00p-7:00p Kerry <b>STUDIO</b> <i>reserve studio spot</i>	<b>Strength Training</b> 7:15p-7:45p Jessi <b>STUDIO</b> <i>reserve studio spot</i>	<b>LES MILLS BODYPUMP</b> 6:30p-7:30p Jessi <b>GYM</b>			

## GROUP EXERCISE DESCRIPTIONS

# = Cardio Class | \* = Strength Class

**\*\*Active and Strong:** This class utilizes basic choreographed moves to upbeat music. Participants can take part standing or in a chair. Free weights, a small ball and elastic tubing are used to improve strength. Balance and flexibility elements are also included.

**\*Barre None:** Fusion of ballet, Pilates, and yoga. Lengthen and tone using hand weights, small ball, and body weight. Focus is on alignment, posture, and core strength. **Bring a Yoga Mat.**

**\*Butts and Guts:** Focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results. **Bring a Yoga Mat.**

**\*\*Cardio Circuit:** A low to mid impact total body cardio and strength conditioning class. Three segments of work. Two blocks of low to mid impact cardio and one block of strength to tone and improve endurance. Class ends with core and stretching.

**#Dance Party:** A cardio dance program for anyone that loves to dance! The music spans the decades from oldies to current popular hits. Have fun while improving cardiovascular fitness, balance, and agility.

**\*Forever Strong:** This program is designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a small inflatable ball are offered for resistance. A chair is used for seated and/or standing support.

**\*\*High Fitness:** Think old school aerobics made modern. Cardio and toning meets Jane Fonda with a side of Richard Simmons. You will have a blast, see real results both physically and mentally, and leave this class wanting more because it's so much fun!

**\*\*Kickboxing:** High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you!

**\*Les Mills Body Pump®:** The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for - and fast!

**\*Les Mills Body Pump 30®:** Original barbell class that shapes, tones, and strengthens your entire body. This 30-minute addictive workout challenges all of your major muscle groups by using the best weight room exercises such as squats, presses, lifts and curls.

**\*Pilates:** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility, and body awareness. Bring a towel. **Bring a Yoga Mat.**

**\*\*Step:** A great workout for the entire body! Step routines with intervals for toning to target all muscle groups.

**\*Strength Training:** 30 minutes of strengthening and toning. Dumbbells, stability balls and tubes are used.

**\*\*Surge Fit:** Energizing HIIT workout that will get your results fast! High intensity cardio tracks that push fat-burning systems into high gear are intertwined with targeted high rep strength training tracks, using dumbbells, that shape and define your body for maximum. Popular music driven highs and lows combined with motivating group atmosphere will get your heart rate and muscles surging to push you to your personal best. Feel the surge!

**\*\*Workout with Marisa:** 30-minute class that combines and alternates between cardio with strength in intervals.

**\*Yoga:** Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility, and body awareness. **Bring a Yoga Mat.**

**#ZUMBA®:** Fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away.

**NOTE: YOGA MATS ARE NOT PROVIDED. PLEASE BRING A YOGA MAT FOR ALL YOGA, PILATES, BUTTS AND GUTS, AND BARRE NONE CLASSES.**