

REGIONAL YMCA
GROUP EXERCISE SCHEDULE

2 Huckleberry Hill Rd
Brookfield, CT, 06804



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

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.

****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!

****Working It!:** Come "work it" with Blythe! Fun music, with low impact moves to get your heart rate up, intertwined with mindful muscle strengthening. The class will conclude with mat work focusing on core strength. A relaxing stretch will round out this hour, leaving you wanting to come back for more!

****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.