GROUP EXERCISE

Effective Date: October 2nd, 2026

GO • **GROW** • **FLOW**
cardio strength mind/body

the YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM - 6:30 AM **Spinning** Brian SPIN STUDIO	6:00 AM - 6:30 AM **SC²** Brian STUDIO NEW	5:45 AM - 6:30 AM **Spinning** Brian SPIN STUDIO	6:00 AM - 6:30 AM **Strength Training** Jane STUDIO	5:45 AM - 6:30 AM **Ceremony Hyrox** NEW Kerry GYMNASIUM	8:00 AM - 8:45 AM **Spinning** Brian SPIN STUDIO	8:00 AM - 8:45 AM **Spinning** George SPIN STUDIO
8:00 AM - 8:45 AM **Forever Strong** Debbie STUDIO/ZOOM	8:00 AM - 9:00 AM **Cardio Circuit** Helen GYMNASIUM	8:00 AM - 8:45 AM **Forever Strong** Debbie STUDIO/ZOOM	8:00 AM - 9:00 AM **Cardio Circuit** Helen GYMNASIUM	9:00 AM - 9:45 AM **Spinning** Nada SPIN STUDIO	9:00 AM - 9:45 AM **Spinning** Kathy SPIN STUDIO	9:00 AM - 9:45 AM **Spinning** Crystal SPIN STUDIO
8:30 AM - 9:15 AM **Spinning** Nick SPIN STUDIO	9:15 AM - 10:15 AM **Pilates** Debbie STUDIO/ZOOM	9:00 AM - 9:45 AM **Spinning** Nada SPIN STUDIO	9:15 AM - 10:15 AM **Pilates** Debbie STUDIO/ZOOM	9:15 AM - 10:15 AM **Zumba** Dolores STUDIO	9:00 AM - 10:00 AM **Dance Party** Mary Lou STUDIO	9:00 AM - 10:00 AM **Zumba** Stephanie GYMNASIUM
9:15 AM - 10:15 AM **Yoga** Debbie STUDIO/ZOOM	9:15 AM - 10:15 AM **Step It Up!** Blythe GYMNASIUM	9:15 AM - 10:15 AM **Yoga** Patty STUDIO	9:15 AM - 9:45 AM **BODYPUMP EXPRESS 30** Trish GYMNASIUM	9:15 AM - 10:15 AM **Surge Fit** Pam GYMNASIUM	9:05 AM - 10:05 AM **Les Mills BODYPUMP** Sharon GYMNASIUM	9:15 AM - 10:15 AM **Yoga** Leah STUDIO
9:30 AM - 10:30 AM **Les Mills BODYPUMP** Laura GYMNASIUM		9:15 AM - 10:15 AM **Sound & Strong** Blythe GYMNASIUM	9:50 AM - 10:20 AM **Hard CORE** Trish GYMNASIUM	10:30 AM - 11:30 AM **Les Mills BODYPUMP** Marisa GYMNASIUM	10:15 AM - 11:15 AM **Yogalates** Kathy STUDIO	10:30 AM - 11:30 AM **Butts and Guts** Blythe STUDIO
11:00 AM - 12:00 PM **Dance Fitness** Stacey STUDIO		10:30 AM - 11:30 AM **Dance Party** Mary Lou STUDIO	10:30 AM - 11:30 AM **Zumba** Jody GYMNASIUM	10:30 AM - 11:30 AM **Chair Yoga** Leah STUDIO		
11:00 AM - 12:00 PM **Tai Chi** Laura GYMNASIUM		10:30 AM - 11:30 AM **Les Mills BODYPUMP HEAVY** NEW Marisa GYMNASIUM		11:45 AM - 12:45 PM **Active & Strong** Marisa GYMNSIUM		
		11:45 AM - 12:45 PM **Active & Strong** Marisa GYMNASIUM				
5:15 PM - 6:15 PM **Zumba** Yolima STUDIO	6:00 PM - 6:45 PM **Spinning** Crystal SPIN STUDIO	5:15 PM - 5:45 PM **Total Body Strength** Anna STUDIO NEW	5:15 PM - 6:15 PM **Yoga** Trish STUDIO			
6:15 PM - 7:00 PM **Spinning** Alison SPIN STUDIO	6:00 PM - 7:00 PM **Barre** Kerry STUDIO	6:00 PM - 7:00 PM **Yoga** Leah STUDIO	6:15 PM - 7:00 PM **Spinning** Kathy SPIN STUDIO			
6:30 PM - 7:30 PM **Les Mills BODYPUMP** Maria GYMNASIUM		6:15 PM - 7:00 PM **Spinning** Alison SPIN STUDIO	6:30 PM - 7:30 PM **Les Mills BODYPUMP** Kerry/Jessi GYMNASIUM			

REGISTRATION

Registration is REQUIRED for all shaded classes.

REGIONAL YMCA OF WESTERN CT
2 HUCKLEBERRY HILL ROAD, BROOKFIELD, CT, 06804

Contact **Pam Paulino, Group Exercise Coordinator**:
ppaulino@regionalymca.org | (203) 775-4444 x136

GROUP EXERCISE CLASS DESCRIPTIONS

GO
cardio

Cardio Circuit is a low- to mid-impact total-body workout that combines cardio and strength conditioning. The class features three work segments—two cardio-focused blocks and one strength block—to build endurance and tone muscles, and finishes with core work and stretching.

Dance Fitness is a fun, high-energy class that blends easy-to-follow choreography with upbeat music. Designed for all levels, it boosts cardio fitness while incorporating bodyweight strengthening and flexibility for a full-body workout.

Dance Party is a fun, high-energy cardio dance class for anyone who loves to move. Set to music spanning from oldies to today's hits, it improves cardiovascular fitness, balance, and agility while keeping the workout upbeat and enjoyable.

Spinning is a high-energy indoor cycling class set to motivating music, designed to improve cardiovascular fitness, build leg strength, and burn calories. Led by an instructor, riders adjust resistance and speed to simulate hills, sprints, and intervals, making it suitable for all fitness levels.

Step It Up! is a step interval class that alternates between cardio on the step and strength training with weights. The workout finishes with mat-based core exercises and a relaxing full-body stretch.

Surge Fit is a high-intensity workout that combines powerful cardio intervals with targeted, high-rep strength training using dumbbells. Designed to ignite fat-burning and sculpt the body, this class pushes endurance and strength to the next level—feel the surge!

Zumba is a high-energy dance fitness class inspired by Latin and international music. It combines fun, easy-to-follow dance moves with cardio intervals to improve endurance, coordination, and overall fitness while feeling more like a party than a workout.

Sound & Strong combines low-impact cardio intervals, core strengthening, and mindful stretching in a thoughtfully paced workout. You'll build strength, elevate your heart rate, and leave feeling grounded, energized, and strong.

Les Mills Ceremony® A high-performance functional fitness program created by Les Mills in partnership with HYROX. This music-driven, instructor-led circuit delivers full-body conditioning with coaching and modifications for different fitness levels.

GROW
strength

Active and Strong is a versatile fitness class featuring simple, choreographed moves set to upbeat music. Participants can join standing or seated in a chair, using free weights, a small ball, and resistance bands to build strength. The class also incorporates balance and flexibility exercises for a well-rounded workout.

Barre is a fusion of ballet, Pilates, and yoga, this class tones and lengthens muscles using hand weights, a small ball, and bodyweight. Emphasis on alignment, posture, and core strength. Bring a yoga mat.

Butts and Guts is a core-focused class blending Pilates, yoga-inspired moves, and traditional abdominal exercises to strengthen and tone. Bring a yoga mat.

Forever Strong is a strength and mobility program designed to improve muscular strength, range of motion, and everyday functional movement. This class helps build confidence, stability, and overall fitness for daily living.

Hard CORE is a focused 30-minute workout that challenges your core and builds functional strength from the inside out. Strong abs, better movement, and real-life strength—no wasted time.

Les Mills BodyPump® is the original barbell workout designed to strengthen and tone the entire body. This 60-minute class targets all major muscle groups using classic weight-room exercises like squats, presses, lifts, and curls. Set to motivating music and led by inspiring instructors, you control the weights to achieve fast, effective results.

Les Mills BodyPump 30® delivers the same powerful full-body barbell workout in a shorter, 30-minute format. Using proven weight-room movements such as squats, presses, lifts, and curls, this efficient class shapes, tones, and strengthens all major muscle groups in less time.

Les Mills BodyPump HEAVY® Traditional lifting techniques designed to challenge strength, build lean muscle, and deliver measurable performance gains.

Pilates focuses on controlled movements and breath to strengthen and lengthen the core. Enhance balance, flexibility, and body awareness. Bring a towel and a yoga mat.

Total Body Strength A high-energy, 30-minute Tabata-style strength workout targeting the entire body—and no two classes are exactly the same!

SC² : Strength, Core & Conditioning A structured 30-minute workout using dumbbells, kettlebells, resistance bands, and core exercises to build strength, improve stability, and boost metabolism through functional, multi-joint movements.

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

FLOW
mind/body

Yoga is designed to strengthen and lengthen muscles through controlled movement and breath. This class improves balance, flexibility, and body awareness. Bring a yoga mat.

Yogalates combines the flow of yoga with the precision of Pilates. Improve balance, flexibility, and calm while strengthening the back and core.

Tai Chi is a Chinese martial art characterized by slow, flowing movements, deep breathing, and a meditative state, promoting physical and mental well-being

Chair Yoga offers a gentle, supportive practice using a chair to improve flexibility, balance and relaxation - perfect for all abilities.

For Questions or More Information about GroupEx Classes, Contact **Pam Paulino, Group Exercise Coordinator**:
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