










FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Torrington YMCA Group Exercise Schedule December 2023



www.nwctY.org

Name: Group Exercise

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM Ex-Press Strength <b>Janice</b>			5:45 AM Ex-Press Strength <b>Janice</b>		8:00 AM Burn <b>Denise</b>	9:00 AM Zumba <b>Mari</b> <b>Coming Soon!</b>
8:40 AM Barre <b>Denise</b>	8:45am Essentrics <b>Betsy</b>	8:40 AM Burn <b>Denise</b>	9:00 AM Silver Sneakers Cardio <b>Stephanie</b>	8:40 AM Core & More <b>Denise</b>	9:00 AM Silver Sneakers Chair Yoga <b>Joe</b>	10:00 AM Silver Sneakers <b>Coffee Hour</b>
10:00 AM Silver Sneakers Cardio <b>Alejandra</b>	10:00 AM Silver Sneakers Chair Yoga <b>Roseann</b>	10:00 AM Silver Sneakers Chair Pilates <b>Agata</b> 	10:00 AM Silver Sneakers Chair Yoga <b>Roseann</b> <b>Alejandra</b>	10:00 AM S.S. Classics <b>Alejandra</b> <b>Stephanie</b>		
12:00 PM Mindful Hatha Yoga <b>Barbara</b> 	12:00 PM Hatha Yoga <b>Roseann</b>	12:00 PM Power Pump <b>Alejandra</b> 	12:00 PM Hatha Yoga <b>Roseann</b> 	12:00 PM Express Core <b>Alejandra</b> 		
12:00 PM Functional Training <b>Alejandra</b> <b>Weight Room</b>	12:00 PM Stop, Drop & Lift <b>Alejandra</b> <b>Weight Room</b>		12:00 PM AMRAP <b>Alejandra</b> <b>Weight Room</b>			
5:00 PM Spin & Dumbbells <b>Janice</b>						
5:00 PM Vinyasa Yoga Flow <b>Joe</b>	5:00 PM Mindful Hatha Yoga <b>Joe</b>	5:00 PM Stability Ball <b>Lorraine</b>	5:00 PM Mindful Hatha Yoga <b>Joe</b>			
6:00 PM Open Pilates <b>Agata</b>	6:00PM Zumba <b>Sarah</b>	6:00 PM Zumba <b>Mari</b> 		6:00 PM Family Zumba <b>Mari</b> 		

## Attention Members


Please look at the cancelled class list for each branch, these are printed at the facility and will be on our website.

Classes cancelled after posted will be sent in an email to the members. To sign up for emails please visit our website.

[www.nwcty.org](http://www.nwcty.org)

## Indoor Cycling Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				<b>1</b> Indoor Cycling/Spin 5:45AM <b>Marlene</b> 12pm <b>Janice</b> 7:30AM <b>Denise</b>	<b>2</b> Indoor Cycling/Spin 8:00AM <b>Linwood</b>	<b>3</b> Indoor Cycling/Spin 8:00AM <b>Lauren</b>

<b>4</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 7:30AM <b>Denise</b> 5:00PM <b>Janice</b> Spin & Dumbbells	<b>5</b> Indoor Cycling/Spin 5:45AM <b>Janice</b> 6:00PM <b>Marlene</b>	<b>6</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 7:30AM <b>Denise</b>	<b>7</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 6:00PM <b>Katie</b>	<b>8</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 12pm <b>Janice</b> 7:30AM <b>Denise</b>	<b>9</b> Indoor Cycling/Spin 8:00AM <b>Linwood</b>	<b>10</b> Indoor Cycling/Spin 8:00AM <b>Lauren</b>
<b>11</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 7:30AM <b>Denise</b> 5:00PM <b>Janice</b> Spin & Dumbbells	<b>12</b> Indoor Cycling/Spin 5:45AM <b>Janice</b> 6:00PM <b>Marlene</b>	<b>13</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 7:30AM <b>Denise</b>	<b>14</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 6:00PM <b>Katie</b>	<b>15</b> Indoor Cycling/Spin 5:45AM <b>Marlene</b> 12pm <b>Janice</b> 7:30AM <b>Denise</b>	<b>16</b> Indoor Cycling/Spin 8:00AM <b>Janice</b>	<b>17</b> Indoor Cycling/Spin 8:00AM <b>Lauren</b>
<b>18</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 7:30AM <b>Denise</b> 5:00PM <b>Janice</b> Spin & Dumbbells	<b>19</b> Indoor Cycling/Spin 5:45AM <b>Janice</b> 6:00PM <b>Marlene</b>	<b>20</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 7:30AM <b>Denise</b>	<b>21</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 6:00PM <b>Katie</b>	<b>22</b> Indoor Cycling/Spin 5:45AM <b>Marlene</b> 12pm <b>Janice</b> 7:30AM <b>Denise</b>	<b>23</b> <b>NO CLASS</b>	<b>24</b> Indoor Cycling/Spin 8:00AM <b>Lauren</b>
<b>25</b> <b>CLOSED</b> 	<b>26</b> Indoor Cycling/Spin 5:45AM <b>Janice</b> 6:00PM <b>Marlene</b>	<b>27</b> Indoor Cycling/Spin 5:45AM <b>Marlene</b> 7:30AM <b>Denise</b>	<b>28</b> Indoor Cycling/Spin 5:45AM <b>Lauren</b> 6:00PM <b>Katie</b>	<b>29</b> Indoor Cycling/Spin 5:45AM <b>Linwood</b> 12pm <b>Janice</b> 7:30AM <b>Denise</b>	<b>30</b> Cycling/Spin 8:00AM <b>Linwood</b>	<b>31</b> Indoor Cycling/Spin 8:00AM <b>Lauren</b>

### Group Exercise Class Descriptions

**POWER PUMP** - Is a weight-based group-fitness program. Is the ideal workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, POWER PUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves.

**VINYASA YOGA FLOW** - Is a set of four poses that are executed in a flowing sequence with your breath. This “flow” is practiced often in between sets of poses or in between standing and floor poses. The sequence consists of Plank, Chaturanga, Upward Facing Dog, and Downward Facing Dog. Each pose is linked through an inhale or an exhale.

**EXPRESS CORE** - It focuses on every minor muscle in the core and the movements these muscles are responsible for. This is not the typical core workout where you’re just cranking out 1,000 crunches or holding a plank for 5 minutes. The focus is on the lower ab muscles first before working your way up, and your entire body plus a great needed stretch.

**INDOOR CYCLING** –is a challenging cardio workout, in which you can do a complete session at long and/or high intensity by increasing and decreasing the resistance on your bike. It improves your endurance. In addition, the various sitting and standing exercises ensure that you are constantly working your leg muscles and core.

**CORE & MORE** – With the use of a Physio-Ball, insuring every part of the core is challenged. It also ties in upper body strength movements to give a great challenge, yet well rounded low impact.

**STABILITY BALL** - This is class is a great upper body and lower-body with exercises that target major muscle groups throughout the body, including the glutes, hamstrings, quads, obliques, biceps, triceps, pecs, abdominal muscles, and back muscles. Uses a stability ball, weights and resistance bands.

**OPEN PILATES** - This class is designed to gently open up the body, release areas of tightness by integrating stretches which helps to facilitate more movement and increase flexibility. The class also includes basic Pilates exercises for tone and stability. Release tightness, open and stretch the body, improves circulation.

**BURN** - A great workout for both cardiovascular conditioning and muscular strength building utilizing some equipment.

**EX-PRESS STRENGTH** – These classes are fun and challenging workouts. With low, medium, and high-intensity exercise classes are specifically designed to target the entire body utilizing a variety of traditional, functional, and strength training tools.

**FUNCTIONAL TRAINING** - A strength training that readies your body for daily activities. These exercises equip you for the most important type of physical fitness, the kind that preps you for real-life, daily living stuff like bending, twisting, lifting, loading, pushing, pulling and squatting with or without the use of equipment.

**SILVER SNEAKERS CHAIR YOGA** - Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation period will promote stress reduction and mental clarity.

**SILVER SNEAKERS CLASSICS** - focuses on **strengthening muscles** and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

**SILVER SNEAKERS CARDIO** – This class will bring heart-healthy aerobics to your workout using low-impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

**SILVER SNEAKERS CHAIR PILATES** - this class is to an alternative to a mat workout. Members will work their entire body to gain awareness and connection of breath-abs(core)-spine to a safe and stable surface of a Chair and a Wall. To get stronger, leaner muscles, gaining flexibility and stability, as well as improve stamina. We use smaller props such as light weights, TheraBand, balls creating a safe, fun yet challenging workout.

**AMRAP** - The goal of the AMRAP is to get as many rounds or reps as possible so that you're maximizing the amount of work done in a short period of time. Categorized as a high intensity interval training (HIIT), this type of training model can help increase efficiency, stamina, and overall health. AMRAP's can be beneficial for different types of athletes, no matter what fitness level. They can be adjusted for time and effort.

**ZUMBA®** - Dancing is best described as a fun, joyful Latin inspired fitness class that combines all the rhythms in Latin music. Zumba applies dance moves from Salsa, Cumbia, Merengue, Rumba, Mambo, Belly Dance, Flamenco, Samba, Tango & Reggaetón.

**STOP, DROP & LIFT** – It's a type of strength training that uses weights for resistance. Weight training provides a stress to the muscles that causes them to adapt and get stronger, similar to the way aerobic conditioning strengthens your heart. Weight training can be performed with free weights, such as barbells and dumbbells, or by using weight machines.

**BARRE** - Is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can. In addition to building strength, this full-body workout also develops agility and flexibility. In some classes, you'll use just the barre (or equivalent like a countertop or chair back) and your body weight to churn out rep after rep of muscle-burning move, while others incorporate tools like resistance bands, sliders, free weights & exercise balls,

**MINDFUL HATHA YOGA** - This yoga class offers guidance through classic hatha yoga poses, offering students time to refine the postures and coordinate them with their breath. The class ends with a period of deep relaxation. This kind of mindful practice is meant to build not only physical strength and flexibility but also mental and emotional awareness and resilience.

**SPIN & DUMBBELLS** - This class it's a mix of spin and weights. Includes weight circuit training, cardio exercise, and finishes with core training and stretching for a complete workout. All-Levels.

**HATHA YOGA** - Is a **combination of the physical practice of Hatha yoga and the traditional flowing Vinyasa style**. It is a great introduction to yoga because it offers a slow, steady and gentle flow of postures that allow you to learn the basics of proper alignment, breathing and stretching.

**GAME/COFFEE DAY** – Sunday Funday! Join the Silver sneakers every Sunday and have a great time with games and coffee. Each member will bring any kind of game to share and play, beverages such as coffee, tea, water and snacks also to share. Meet everyone at the exercise studio. Tables and chairs are provided.

**ESSENTRICS** – Is a full body workout that dynamically stretches, strengthens every muscle simultaneously and re-balances the entire body, in a fun, safe program for all ages and fitness levels, increasing flexibility and mobility for a healthy pain-free body.

**Our Mission**-The mission of the YMCA is to build a healthy spirit, mind and body, in children and adults, through programs that foster caring, honesty, respect and responsibility.

**Our Cause**-The Y is a diverse organization of men, women and children joined together by a shared commitment to nurturing the potential of kids, promoting healthy living and fostering a sense of social responsibility.

We believe that lasting personal & social change can only come about when we all work together to invest in our kids, our health and our neighbors. That's why, at the Y, strengthening community is our cause.

Torrington Branch Group Exercise Substitutions