



















FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Torrington YMCA Group Exercise Schedule Jan 2026



www.nwctY.org

Name: Group Exercise

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   | Sunday   |
|--|--|---|--|---|--|--|
| 8:40 AM<br>Barre<br><b>Denise</b>  |  | 8:40 AM<br>Burn<br><b>Denise</b>  |  | 8:40 AM<br>Core & More<br><b>Denise</b>   | 8:00 AM<br>Burn<br><b>Denise</b>   | 8:00 AM<br>Bingo<br><b>Open to all<br/>Alejandra</b>   |
| 10:00 AM<br>Silver Sneakers<br>Cardio<br><b>Alejandra</b><br>Virtual/In Person   |  | 10:00 AM<br>S.S. Classics<br><b>Janice</b><br> | 9:00 AM<br>Silver Sneakers<br>Cardio<br><b>Stephanie</b>   | 10:00 AM<br>S.S. Classics<br><b>Denise</b><br> | 9:05 AM<br>Hatha Yoga<br><b>Joe</b><br> | 9:00 AM<br>Zumba Toning<br><b>Sarah</b><br> |
|  | 10:00 AM<br>Silver Sneakers<br>Chair Yoga<br><b>Roseann</b><br> |   | 10:00 AM<br>Silver Sneakers<br>Chair Yoga<br><b>Roseann</b><br> |   | 10:00 AM<br>Zumba<br><b>Andria</b><br>  |  |
| 12:00 PM<br>Mindful<br>Hatha Yoga<br><b>Barbara</b><br> | 12:00 PM<br>Hatha Yoga<br><b>Roseann</b>   | 12:00 PM<br>Power Pump<br><b>Alejandra</b><br> | 12:00 PM<br>Hatha Yoga<br><b>Roseann</b><br>                    | 12:00 PM<br>CrunchFlow<br><b>Alejandra</b><br> |  |  |
| 12:00 PM<br>Functional<br>Training<br><b>Alejandra</b><br><b>Cardio Room</b>   | 12:00 PM<br>Tabata Max<br><b>Alejandra</b><br><b>Weight Room</b>   |   | 12:00 PM<br>HIIT Fit<br><b>Alejandra</b><br><b>Weight &amp; Cardio Room</b>  | 1:00 PM<br>Mindful<br>Hatha Yoga<br><b>Barbara</b>  |  |  |
|  |  |   |  |   |  |  |
|  |  |   |  |   |  |  |
| 6:00 PM<br>Zumba<br><b>Andria</b><br>                 | 6:30pm<br>Strength &<br>Sculpt<br><b>Kathleen</b><br><b>Cardio Room</b>  | 7:00 PM<br>Zumba<br><b>Jennifer</b><br>      | 6:00 PM<br>Iron Surge<br><b>Nick</b><br><b>NEW!</b><br>       |   |  |  |
| 7:00 PM<br>Cardio Kick<br>Boxing<br><b>Tessa</b><br>  |  |   | 6:30 PM<br>Power Pump<br><b>Tessa</b><br>                     |   |  |  |










## 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><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>NO CLASS</b><br><br>6:00PM<br><b>Katie</b> | <b>2</b><br><br>7:30AM<br><b>Denise</b>    | <b>3</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b>  | <b>4</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b>    |
| <b>5</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Paul</b><br>7:30AM<br><b>Denise</b><br>6:00pm<br><b>Lauren</b>      | <b>6</b><br><br><b>Lauren</b>              | <b>7</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Linwood</b><br>7:30AM<br><b>Denise</b>                          | <b>8</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Linwood</b><br><br>6:00PM<br><b>Katie</b>  | <b>9</b><br><br>7:30AM<br><b>Denise</b>    | <b>10</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b> | <b>11</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>NO CLASS</b> |
| <b>12</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Paul</b><br>7:30AM<br><b>Denise</b><br>6:00pm<br><b>Lauren</b>     | <b>13</b><br><br>6:00PM<br><b>Lauren</b>   | <b>14</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Paul</b><br>7:30AM<br><b>Denise</b><br>6:00PM<br><b>Lauren</b> | <b>15</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>NO CLASS</b><br>6:00PM<br><b>Katie</b>    | <b>16</b><br><br>7:30AM<br><b>Denise</b>   | <b>17</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b> | <b>18</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b>   |
| <b>19</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Linwood</b><br>7:30AM<br><b>Denise</b><br>6:00pm<br><b>Lauren</b>  | <b>20</b><br><br><b>Katie</b>              | <b>21</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Paul</b><br>7:30AM<br><b>Denise</b><br>6:00PM<br><b>Lauren</b> | <b>22</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>NO CLASS</b><br>6:00PM<br><b>Katie</b>    | <b>23</b><br><br>7:30AM<br><b>Denise</b>   | <b>24</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Lauren</b> | <b>25</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><b>Linwood</b>  |
| <b>26</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>NO CLASS</b><br>7:30AM<br><b>Denise</b><br>6:00pm<br><b>Lauren</b> | <b>27</b><br><br>6:00PM<br><b>Lauren</b> | <b>28</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Linwood</b><br>7:30AM<br><b>Denise</b>                         | <b>29</b><br>Indoor<br>Cycling/Spin<br>5:45AM<br><b>Linwood</b><br><br>6:00PM<br><b>Katie</b> | <b>30</b><br><br>7:30AM<br><b>Denise</b> | <b>31</b><br>Indoor<br>Cycling/Spin<br>8:00AM<br><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.

**CRUNCHFLOW** - 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 tons of crunches or holding a plank for 5 minutes. The focus is on the lower ab muscles first before working your way up, you'll work your entire body with balanced poses, working on the rest of your 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.

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

**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 BINGO** – Calling all seniors! Get ready for a delightful Sunday filled with laughter, prizes, and community spirit! We invite you to our Sunday Bingo, a perfect opportunity to socialize, enjoy some snacks, and engage in a friendly game of chance. Meet new friends and reconnect with familiar faces in a warm and welcoming environment. Time:8-10AM Location: Exercise studio. Please **RSVP** to join and ensure we have enough materials and spots for everyone.

**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.

**HIIT FIT** - The goal of HIIT FIT 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.

**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.

**ZUMBA TONING** - Is a high-energy fitness program that combines elements of dance and strength training. It incorporates the use of **lightweight toning sticks** to target specific muscle groups while dancing to upbeat music. This dynamic workout is not only fun but also incredibly effective in sculpting and toning the body. **NEW!**

**TABATA MAX** – Tabata is a form of high-intensity interval training (HIIT) that follows a set structure, alternating 20 seconds of near-maximum effort exercise with 10 seconds of rest for eight rounds. The benefits of this class are: Improves cardio fitness, boosts metabolism, increase strength, provides an efficient, time-saving workout, helps build lean muscle mass and boost metabolism.

**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. This full-body workout also develops agility and flexibility. 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.

**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.

**STRENGTH & SCULPT** – This is a signature class that emphasizes control, resistance, and the mind-body connection. In this workout, you'll engage in low-impact sculpting exercises while using resistance-based training equipment. It's a great way to build strength and tone your muscles.

**Iron Surge** – Class focuses on building strength, mobility, balance and stability to help you move better and stay injury-free. Using free weights, body weight, light resistance, and controlled movements. We train muscles and movement patterns used in everyday life and sports. Emphasis is placed on proper form, joint health, core strength, and flexibility. All exercises are scalable, making every move safe and effective for teens, adults, and older adults-whether you are new to fitness, or looking to improve performance and longevity. **NEW!**

**CARDIO KICKBOXING** - is a **combination of aerobic exercise and kickboxing**. More specifically, it is a group work-out class that combines the basic elements of aerobics and aerobic exercise with the martial art of kickboxing. Instructor will integrate the use of weights, resistance bands and mats.

**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

#### Torrington Branch Group Exercise Substitutions



**No class available**