



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Winsted YMCA Group Exercise Schedule December 2025 Gymnasium

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Silver Sneakers Circuit Gay	9:00 Silver Sneakers Classic Caitlin	8:45 AM Power Pump Caitlin	9:00 Silver Sneakers Classic Caitlin	8:45 AM Power Pump Caitlin	
10:15 AM Power Pump Caitlin		10:15 AM Silver Sneakers Circuit Gay		10:00 AM Silver Sneakers Circuit Gay	

Group Exercise Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM Indoor Cycling Caitlin	8:45 AM Indoor Cycling Ernie	8:00 AM Indoor Cycling Caitlin		
				9:00 AM Indoor Cycling Ernie	9:00 AM Indoor Cycling Ernie
	10:30 AM Barre Stretch and Flex Diane	10:00 AM Hatha Yoga Joe	10:15 AM Line Dancing Diane	10:00 AM Hatha Yoga Joe	10:00 AM ZUMBA Gold Sarah
	11:30 AM Chair Yoga Diane	11:30 AM Chair Yoga Diane		11:30 AM Chair Yoga Diane	
5:00 PM ZUMBA Sarah			5:30 PM Power Vinyasa Flow Matthew		
	6:00 PM Indoor Cycling NEW TIME!! Tracey	6:00 PM ZUMBA Toning Sarah			

Functional Training Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM Stretch & Recover Caitlin		10:00 AM Stretch & Recover Caitlin	6:00 PM Full Body Focus Matt	10:00 AM Stretch & Recover Caitlin	10:00 AM Full Body Focus Matt

POWER VINYASA FLOW- a fast paced, breath driven yoga flow designed to build strength, flexibility, and focus. Expect creative sequences, core work, and an energizing practice that leaves you feeling strong and grounded

HATHA YOGA- for 60 minutes, you'll be guided through Pranayama (charging and balancing breathing exercises), Sun Salutations, a series of Yoga Asanas (steady postures) and an extended final relaxation.

CHAIR YOGA- participants will enjoy many health benefits such as improved muscle tone, better breathing habits, reduction of stress, better sleep, and a sense of well-being. This class is great for all ages and body types including those struggling with hip, knee and other types of joint pain.

STRETCH AND RECOVER- Increase your flexibility, range of motion, stabilization, and posture with static and dynamic stretching. Mobility teaches (or re-teaches) the body to move the way it was meant to. This class is ideal for all bodies - either to compliment a workout routine & to help release the body from lack of movement

SILVER SNEAKERS CLASSIC®-Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVER SNEAKERS CIRCUIT®- offers standing, low-impact choreography alternated with standing upper-body strength work using hand-held weights, elastic tubing with handles and a **Silver Sneakers**® ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants.

INDOOR CYCLING -All fitness levels are encouraged to participate. If you are new to group cycling, please try to get to class a few minutes early and make the instructor aware that you are a novice. Please wear comfortable clothes and stiff soled athletic shoes or cycling shoes, and don't forget your water bottle!

POWER PUMP- a weight-based group-fitness program where each person uses their own barbell and weight plates. Class is 45 minutes long and 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.

FULL BODY FOCUS- Join this 45-minute class specifically dedicated to strength and interval training. Learn various techniques on how to properly use strength equipment to improve your fitness and education at the Y!

BARRE STRETCH AND FLEX- this class will help participants improve posture and balance while gaining core strength. Through a series of exercises on and off the barre, you will work to enhance your flexibility and movement

LINE DANCING- is a popular form of dance in which everyone can participate. Some of the music styles include pop, rock, blues, country, R&B, Latin, salsa, contemporary and swing. This course will be taught using many different rhythms and dance styles, encompassing the classics like the electric slide, cupid shuffle and many more.

ZUMBA - a fitness program that combines Latin and international music with dance moves. **Zumba** routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

ZUMBA GOLD- Perfect for active older adults who are looking for a modified **Zumba** ® class that recreates the original moves you love at a lower-intensity

ZUMBA TONING- a dance-fitness class that combines cardio and strength training to tone and sculpt muscles. It uses lightweight dumbbells or toning sticks to add resistance and help you focus on specific muscle groups.

TAI CHI - An ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and is accompanied by deep breathing.