



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Canaan Family YMCA Group Exercise Schedule January 2026

Group Exercise Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 AM Cycle and Strength Lisa		8:00 AM Barbell/ Dumbbell Strength Lisa	7:00 AM Cycle and Strength Lisa		
	9:30 AM Strengthen & Stretch Rob	9:00 AM Indoor Cycling Rob	9:30 AM Low Impact HIIT Rob		8:00 AM Barbell/ Dumbbell Strength Lisa	
		10:00 AM Core Moves & More Lisa		9:00 AM Yoga for All Corey		
		12:00 PM Easy Tai Chi Corey	12:00 PM Indoor Cycling Lisa			
	5:00 PM CORE pop-in Paula					
	5:30 PM Cardio Dance Paula			5:30 PM Indoor Cycling Taylor		

**Please be sure to register for all classes
at nwcty.org**

CLASS DESCRIPTIONS

BARBELL/DUMBBELL STRENGTH- 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 moderate weights with lots of repetition. This class will give you a total body workout.

CARDIO DANCE- Get your heart pumping and have fun doing it with the songs and moves from pop and dance music. Wear sneakers and bring a water bottle. Rainbow leg-warmers welcome!

CORE POP-IN- a targeted half-hour class that focuses on activating and strengthening your core muscles. Exercises will vary from standing, floor work, and use of small weights. Music makes it fun and energizing!

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!

RENEW, REFRESH, REJUVENATE- A class that provides movement and mindfulness to improve flexibility and range of motion. Gentle stretching and dynamic mobility movements that will help relieve tension from the body.

EASY TAI CHI- Easy Tai Chi is a Qn Gong style Tai Chi for all levels. It incorporates movement, breath, self-massage, and meditation. It can be done anywhere, anytime, by anyone. The health benefits include stress relief, balance, heart health, immune boost, mental focus, clarity, and overall well-being.

CORE MOVES & MORE- This 45-minute core-based workout delivers doses of functional core, reactive balance training, plank variations and 3-dimensional functionality. Use of Steps brings the ground up closer to you and provides terrain for variation of moves, you will also want to grab a heavier plate to make sure the glutes feel the love!!

CYCLE AND STRENGTH- This power-packed class is a combination of indoor cycling and strength training. Take your work out to the next level with segments of free weights and cycling that will work every muscle group including your heart!

LOW IMPACT HIIT- Low intensity interval training (LIIT) combining functional movements that has minimal impact on the joints. Build strength, balance, power and coordination as well as resiliency around your joints.

STRENGTHEN AND STRETCH- Back to basics with a little bit of flare. Simple strength building exercises and modalities combined with a focused segment on dynamic movements and static stretching to improve mobility and flexibility.

YOGA FOR ALL- Achieve stress reduction and improve your balance and flexibility through gentle movements. All levels are welcome.