



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Canaan Family YMCA Group Exercise Schedule March 2026

Group Exercise Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30 AM Core & More NEW CLASS!! Tessa	7:30 AM Stretch and Recover NEW CLASS!! Tessa	6:30 AM Abs and Arms NEW CLASS!! Tessa	6:30 AM Dumbbells and Barbells NEW CLASS!! Tessa	6:30 AM Strength Intervals NEW CLASS!! Tessa	
	9:30 AM Strengthen & Stretch Rob	9:00 AM Indoor Cycling Rob	9:30 AM Low Impact HIIT Rob	9:00 AM Yoga for All Corey	9:00 AM Kick and Sculpt NEW CLASS!! Tessa	
	10:45 AM Kick and Sculpt NEW CLASS!! Tessa	10:00 AM Dumbbells and Barbells NEW CLASS!! Tessa	10:45 AM Spin & Sculpt NEW CLASS!! Tessa	10:00 AM Stretch and Recover NEW CLASS!! Tessa	11:00 AM Yoga for All NEW TIME!! Corey	
		12:00 PM Easy Tai Chi Corey				
	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

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!

EASY TAI CHI- Easy Tai Chi is a Qi 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.

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.

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

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.

Kick and Sculpt- Low Impact Interval training that combines shadowboxing, bodyweight and dumbbells for 45 minutes. Build balance, flexibility, tone and confidence with this 45-minute workout. All levels and abilities welcome.

Spin and Sculpt- class is a combination of indoor cycling and strength training. Take your work out to the next level with segments of free weights and cardio bursts that will work every muscle group including your heart!

Core and More- 45 Minute functional strength-based workout working all muscles surrounding and supporting the core and glutes. The use of steps, bands, weights and bodyweight will help increase total body strength and tone, improve balance and support your spine.

Abs and Arms – 30 Minute strength class focused on the upper body. Weights, plates and bodyweight combine to help improve posture, tighten, tone and support the abdomen and spine.

Strength Intervals- A 45 Minute Tabata- style workout with a low impact flair. Low Impact, high intensity strength training with short bursts and active recovery to keep your heart in the fat burning zone and increase overall strength and endurance of your muscles.

