FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Canaan Family YMCA
Group Exercise Schedule
November 2026

Group Exercise Studio

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30 AM ***Core & More*** Tessa	7:00 AM ***Step & Strong*** Tessa	6:30 AM ***Lower Body Strength & Stability*** Tessa	7:30 AM ***Dumbbells & Barbells*** Tessa	6:30 AM ***Strength Intervals*** Tessa	
		8:00 AM ***It's All in the HIPS*** NEW CLASS!! Kevin				
	9:30 AM ***Strengthen & Stretch*** Kevin	9:00 AM ***Indoor Cycling*** Rob	9:30 AM ***Low Impact HIIT*** Kevin	9:00 AM ***Yoga for All*** Corey	9:00 AM ***Core & More*** Tessa	
		10:00 AM ***Dumbbells & Barbells*** Tessa		10:00 AM ***Kick & Sculpt*** Tessa	9:30 AM ***Stretch & Recover*** Tessa	
		12:00 PM ***Easy Tai Chi*** Corey	12:00 PM ***Spin & Sculpt*** Tessa	12:00 PM ***QiGong*** Judith	11:00 AM ***Yoga for All*** Corey	
				5:30 PM ***Indoor Cycling*** Taylor		

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

CORE & 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.

DUMBBELLS & BARBELLS- 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.

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.

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!

KICK & 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.

LOWER BODY STRENGTH & STABILITY- In just 30 minutes, build strength, balance, and mobility from the ground up! This Lower body focus class uses weights, bands, balls and steps to challenge your muscles, improve stability and leave you feeling stronger every step you take.

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.

QIGONG- Class combines gentle movements, breathing exercises, and meditation to cultivate and balance the body's vital energy, promoting physical, mental, and emotional well-being.

SPIN & 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!

STEP & STRONG-Step & Strong combines simple step patterns with functional strength exercises for a fun, full-body workout. Longer intervals keep your heart rate elevated while strength segments build muscular endurance and strength. No complicated choreography or all-out Tabata bursts—just a fun, effective combination of cardio and strength that will leave you feeling strong and accomplished.

STRENGTHEN & 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.

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.

STRETCH & 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.

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

IT'S ALL IN THE HIPS- It's All in the Hips is a 45-minute class designed to build hip strength, ease stiffness, and improve balance so everyday movement feels easier, from climbing stairs to getting out of a chair to walking with confidence. Exercises are done standing, seated, or with a chair for support, and every move can be adjusted to your comfort level. No experience needed!