# Winsted YMCA
# Group Exercise Schedule
# November 2026

## Gymnasium

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|
| 9:00 AM<br>***Silver Sneakers Circuit***<br>Gay | 9:00 AM<br>***Silver Sneakers Classic***<br>Caitlin | 8:45 AM<br>***Power Pump***<br>Caitlin | 9:00 AM<br>***Silver Sneakers Classic***<br>Jill | 8:45 AM<br>***Power Pump***<br>Caitlin | |
| 10:15 AM<br>***Power Pump***<br>Caitlin | | 10:15 AM<br>***Silver Sneakers Circuit***<br>Gay | | 10:00 AM<br>***Silver Sneakers Circuit***<br>Gay | |

## GROUP EXERCISE ROOM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | 8:00 AM<br>***Indoor Cycling***<br>NEW TIME!<br>Jill | 8:00 AM<br>***Indoor Cycling***<br>Caitlin | 8:00 AM<br>***Indoor Cycling***<br>NEW TIME!<br>NEW INSTRUCTOR!!<br>Jill | 8:00 AM<br>***Indoor Cycling***<br>Caitlin | | |
| 9:00 AM<br>***ZUMBA Toning***<br>Sarah | 9:00 AM<br>***Mat Pilates***<br>NEW CLASS!!<br>Jill | | 9:00 AM<br>***Mat Pilates***<br>NEW CLASS!!<br>Jill | | 9:00 AM<br>***Indoor Cycling***<br>Ernie | 9:00 AM<br>***Indoor Cycling***<br>Ernie |
| | 10:00 AM<br>***Vinyasa Yoga***<br>NEW CLASS!!<br>Jill | | 10:00 AM<br>***Yoga for Bone Health***<br>Judith | 10:00 AM<br>***Qigong***<br>Judith | 10:00 AM<br>***Yoga for Bone Health***<br>Judith | 10:00 AM<br>***Vinyasa Yoga***<br>NEW CLASS!!<br>Jill |
| | 12:30 PM<br>***Qigong***<br>Judith | | 11:30 AM<br>***Chair Yoga***<br>Diane | | 11:30 AM<br>***Chair Yoga***<br>Diane | |
| | | | 6:00 PM<br>***ZUMBA Toning***<br>Sarah | 6:30 PM<br>***ZUMBA***<br>Sarah | | |

## Functional Training Center

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 10:00 AM<br>***Fit Kids Club***<br>Matt | 9:15 AM<br>***Stretch & Recover***<br>Caitlin | | 10:00 AM<br>***Stretch & Recover***<br>Caitlin | 6:00 PM<br>***Full Body Focus***<br>Matt | 10:00 AM<br>***Stretch & Recover***<br>Caitlin | 10:00 AM<br>***Full Body Focus***<br>Matt |

**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!

**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 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.

**FIT KIDS CLUB**- a fun fitness class for kids ages 8-12. This class will help kids learn proper form, build strength, and gain confidence while staying active and having fun!

**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.

**YOGA FOR BONE HEALTH-** is an Iyengar Hatha yoga style class that includes both floor work on the mat and standing yoga postures. It is based on the work of Dr. Loren Fishman who created yoga for osteoporosis. Postures are held longer to stimulate bone density and growth.

**VINYASA YOGA-** Vinyasa yoga emphasizes *synchronizing breath with movement*, creating a continuous, flowing sequence of postures. This style builds internal heat, improves strength and flexibility, and supports mental focus through rhythmic, meditative movement

**MAT PILATES**- Mat Pilates is a low-impact, full-body workout performed on the floor using bodyweight to build core strength, improve flexibility, and enhance posture through controlled, mindful movements. All fitness levels are welcomed