Group Fitness Schedule
September 3rd - October 27th 2013

the Y — FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

Please note the Group Fitness & Spin programs will be shutdown for annual cleaning August 26th thru September 2nd - We will re-open on Tuesday September 3rd.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45 - 6:45 am Core Strength Vinyasa Yoga Alex			Strictly Strength 5:30-6:15 am Joanna		
					8:15 - 9:10 am Pilates Body II Mary H.	7:45-8:45 am Vinyasa Flow Yoga Denise
New Time! 9:00 - 10 am Pilates Body I Kathy	***New!*** 9:00 - 10 am Wake UP w/ Gail	***New!*** 9 - 10 am 30 / 30 Veronica	***New Time!*** 9 - 10 am Zumba Winnie	***New Time!*** 9 – 10 am Full Body Bootcamp Melissa	9:15-10:15 am Cardio Challenge Alicia	***New!*** 9 - 9:45 am Full Body Bootcamp Mary M. ***(*Melissa - Sept 8th)***
10:15 - 11 am *ARRIVE at 10:05 for setup **Silver Sneakers Classic* Active Older Adult Strength Class (55 +) Kathy	10:15 - 11 am *ARRIVE at 10:05 for setup Active Older Adult Cardio Class (55 +) Ed	10:15 - 11 am *ARRIVE at 10:05 for setup **Silver Sneakers Classic* Active Older Adult Strength Class (55 +) Veronica	10:15 - 11 am *ARRIVE at 10:05 for setup Active Older Adult Cardio / Muscle Class (55 +) Winnie	10:15 - 11 am *ARRIVE at 10:05 for setup Active Older Adult Cardio Class (55 +) Gail	10:15-11 am Zumba Danielle	***Select Dates Only!*** 9:45 -10:30 am Sculpt & Tone Gail Sept. 14 & 28 ONLY Oct. 12 & 26 ONLY
11 – 11:30 am 50 + Yoga Stretch Active Older Adult Kathy	11 – 12 pm Tai Chi Joe		11 – 12 pm Tai Chi Joe			***New Time!*** 10:30 - 11:15 am Family Zumba Jose 8yrs & up with an adult
4-4:45 pm Bring It! Cardio Joanna		4 - 4:45 pm Zumba Toning Gail	***New Time!*** CORE Pilates 4:15 - 5 pm Rima			
4:45-5:30 pm Ultimate Conditioning Joanna	4:45-5:30 pm Cardio Kickboxing Tricia	4:45-5:30 pm All About Muscle Gail	***New Time!*** 5 - 6 pm Cardio Kickboxing Candace	4:30-5:30 pm Power Yoga Alex		
5:30-5:40 pm Impeccable Abs Alicia	5:30-5:40 pm Impeccable Abs Tricia / Melissa	5:30-5:40 pm Impeccable Abs Gail	***New Time!*** 6 - 6:10 pm Impeccable Abs Candace	5:30 – 6:30 pm Zumba Winnie		
5:45-6:30 pm All Step! Alicia	***New !*** 5:45-6:30 pm Cardio Core & More! Melissa	5:45-6:30 pm Turbo Kick! Kristen	***New Time!*** 6:15 - 7:10 pm V-Groove Cardio Dance Lauren			
6:30-7:15 pm Zumba Danielle	***New Time!*** 6:30 – 7:15 pm Zumba Winnie	6:30 – 7:15 pm Pump it Up Joanna	LIVESTRONG 7:10 pm (*Must be a member to participate)			
7:15 - 8:15 pm Pilates - Mixed Level Maureen	7:15 – 8 pm Butts, Guts & More Gail	***New !*** 7:15-8:15 pm Playful YOGA Becky				

A message from the coordinators ...

As fall approaches so many things are happening and the demands of parenthood are in full swing. The kids are headed back to school, there are baseball practices and games to attend as well as the hectic homework routines.

Please remember though how important it is to take some time for yourself. Check out a new class, try soemthing different in the fitness center, or go for a hike on a fall crisp day! When you carve out sometime for yourself each day , even if it is only 10 minutes, you will feel less stressed and ready to take on the world.

Here's to a great fall season! Hope to see you around!

Alicia Lombard & Tricia Brown

Members are our #1 priority. Please contact us at anytime with questions, comments, or concerns.
(203)754-2181 ext. 190 or ygroupfitness@waterburyymca.org
Alicia Lombard & Tricia Brown – Group Fitness Coordinators