Group Fitness Schedule
February 18th -April 14th 2013

the Y FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

No one's ever achieved their fitness goals overnight ! Join our Group Fitness program and let us inspire you, coach you, and help you to reach your fitness goals! Check out one of our AMAZING group classes today!

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	7:45-8:45 am Vinyasa Flow Yoga Denise
9:05-9:55 am Pilates Body I Kathy	9:05-9:55 am V-Groove Cardio Dance Michelle	9:05-9:55 am Total Body Workout Karen C.	9:05-9:55 am Zumba Winnie	***NEW!*** 9:05 – 9:55 am Instructor Choice Cardio Jojo / Melissa	9:15-10:15 am Cardio Challenge Alicia	9 - 10 am Sculpt & Tone Gail / Allison
10 – 10:45 am **Silver Sneakers* Active Older Adult Strength Class (55 +) Kathy / Tanya	10 – 10:45 am Active Older Adult Cardio Class (55 +) Ed	10 – 10:45 am **Silver Sneakers* Active Older Adult Strength Class (55 +) Robin	10 – 10:45 am Active Older Adult Cardio / Muscle Class (55 +) Winnie	10 – 10:45 am Active Older Adult Cardio Class (55 +) Gail	10:15-11 am Zumba Michelle *3/16 V-Groove w/ JOJO	10-10:45 am Family Zumba Jose 8yrs & up with an adult
10:50 – 11:15 am 50 + Yoga Stretch Kathy / Tanya	10:50 – 11:45 am Tai Chi Joe		10:50 – 11:45 am Tai Chi Joe			
4-4:45 pm Bring It! Cardio Joanna	4-4:45 pm HIP HOP Gibs & Mills ***Ages 12 & up** !	4 - 4:45 pm Zumba Toning Gail	CORE Pilates 4-4:45 pm Rima *Ages 12 & up !	4:30-5:30 pm Power Yoga Denise		
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	4:45 – 5:30 pm Cardio Kickboxing Candace	5:30 – 6:30 pm Zumba Winnie		
5:30-5:40 pm Impeccable Abs Alicia	***NEW !*** 5:30-6:15 pm Sports Stretch Power Yoga Denise	5:30-5:40 pm Impeccable Abs Gail	***Only 2 dates Left!*** 5:30-6:15 pm Power Yoga Aimee **2/21 & 2/28 ONLY**			
5:45-6:30 pm All Step! Alicia		5:45-6:30 pm Turbo Kick! Kristen	***NEW!*** 5:30-5:40 pm Impeccable Abs Missy ***** BEGINS March 7***			
6:30-7:15 pm Zumba Joanna	6:20 – 7:15 pm Zumba Winnie	6:30 – 7:15 pm Pump it Up Joanna	***NEW!*** 5:45-6:30 pm Cardio, Core & More Missy ***** BEGINS March 7***			
7:15 - 8:15 pm Pilates - Mixed Level Maureen	7:15 – 8 pm Butts, Guts & More Gail	7:15 – 8:15 pm Stretch & Strength Allison	6:30 – 7:30 pm V-Groove Cardio Dance Theresa			

Our Mission

At the Waterbury YMCA we invite people from all walks of life, regardless of shape or size, to participate in our Group Fitness program.

You don't have to be perfect, or be able to keep up with choreography; you can even have two left feet! We don't care if you are 18 or 80, over weight or thin, short or tall, muscular or mushy, or anywhere in between. We offer a program that caters to all people no matter what fitness level.

Group Fitness is a place where our members don't feel self-conscious, and don't worry about what others think because we are all here for one reason; to do something good for our body.

At the heart of our program stands a tremendously dedicated and energetic staff whose main goal is to create an environment where

PLEASE NOTE: In the absence of an instructor we will always do our best to offer a class that is as close as possible to the originally scheduled class.

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