

Waterbury YMCA • Group Fitness Schedule

Winter Session 2009 • January 2nd – February 28th

Group Fitness Coordinators: Alicia Cipriano & Tricia Brown (203) 754-2181 Ext. 190. vgrouppfitness@waterburymca.org

During inclement weather conditions please call ext. 191 for class cancellations.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30 am Mary		5:45-6:30 am Mary		7:30-8:30 am Tom	8-9 am Maria: 1/3, 1/17, 1/31, 2/14, 2/28 Bosmat: 1/10, 2/21 Robin: 1/24, 2/7
12-12:40 pm Mary			12-12:40 pm Chris			
5:45-6:45 pm Mike / Tom		5:45-6:35 pm Carrie	5:45-6:35 pm Bosmat			

Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:30 am Kickbutt Bootcamp Mary				
					8-8:55 am Pilates Body II Mary	7:45-8:45 am Vinyasa Flow Yoga Denise
9:05-9:55 am Cardio Muscle Mix Robin	9:05 – 9:55 am Cardio Sculpt Veronica	9:05-9:55 am Zumba! Irene	9:05-9:55 am Pilates Body I Kathy	9:05-9:55 am Cardio to the "Core" Alicia	9-10 am Cardio Challenge (Int – Adv)	New Time! 9 -10 am Cardio Sculpt Gail / Chrissy
10 – 10:45 am *Silver Sneakers Active Older Adult Strength Class (55 +) Robin	10 – 10:45 am Active Older Adult Cardio Class (55 +) Veronica	10 – 10:45 am Starter Strength Kathy	10 – 10:45 am Active Older Adult Cardio / Muscle Class (55 +) Kathy	10 – 10:45 am Active Older Adult Cardio Class (55 +) Gail	Tricia: 1/2, 2/27 Alicia: 1/9, 1/23, 2/6, 2/20	10-10:45 am Family Zumba Michelle 8 yrs & up with an adult
	10:50 – 11:45 am Tai Chi Joe	10:50 – 11:15 am 50 + Yoga Stretch Kathy	10:50 – 11:45 am Tai Chi Joe		Chrissy: 1/16, 1/30, 2/13	
4:45-5:30 pm Ultimate Conditioning Alicia	4:45-5:30 pm Cardio Muscle Mix Robin	New! 4:45-5:30 pm Body Pump Robin	4:45 – 5:15 pm Bootcamp Express! Alicia			
5:30-5:40 pm Impeccable Abs Alicia	5:30-5:40 pm Impeccable Abs Robin	5:30-5:40 pm Impeccable Abs Tricia / Robin	5:15 - 5:45 pm Hard CORE Abs Alicia	5:30 – 6:30 pm Zumba Winnie		
5:45-6:30 pm All Step! Alicia	5:45-6:30 pm Super Sculpt Tricia	5:45-6:30 pm Cardio Kickboxing Tricia	New! 5:45 – 6:15 pm Cardio Muscle Blast Chrissy / Candance			
6:30-7:15 pm Zumba Michelle	6:30-7:15 pm Zumba Winnie	6:30-7:15 pm All About Muscle Veronica	New Time! 6:15 – 6:45 pm Kickbox Express Chrissy / Candance			
7:15-8:15 pm Pilates Rima	7:15 – 8 pm Butts, Guts & More Gail	7:15 – 8:15 pm Mixed Level Yoga Denise	New Time!! 6:45-7:30 pm Zumba Gail			

Don't forget to check out the back of the page for class descriptions!

