

Class Descriptions: For Most Classes, Beginner-Advanced participants are welcome since modifications will be shown.	Intensity/Level			Choreography		
	Beg	Int.	Adv.	None	Inter	Adv.
All Step! —This class combines both athletic and dance based aerobic moves using an adjustable platform for the ultimate workout! Even better— it's all put to heart pounding music!!!	*	*	*		*	*
Kickbox & Drill : The best of both worlds! Drill based kickboxing moves paired with bootcamp for the perfect wake up workout!	*	*		*	*	
Kickboxing: A high-energy cardio kick-boxing workout for the chiseled body of a boxer—without having to get into the ring! Beg-Adv.	*	*	*		*	
Cardio Challenge: A high-intensity cardio class PLUS weight training using any of the following formats: step, hi-impact, boxing, drills, plyometrics, and/or BOSU. Int-Adv.		*	*		*	*
PUMP IT UP: An intense combination of cardio and weighted exercises that will get you working in all the energy zones and training progressions for a workout like no other!	*	*	*	*	*	
Impeccable Abs: 10 min ab workout designed to sculpt your midsection. Beg - Adv	*	*	*	*		
Ultimate Conditioning: Push yourself to the limit with "Personal Trainer" style strength and drill techniques utilizing the BOSU, step, stability ball, and weights. Beg-Adv.	*	*	*	*		
Body Pump: An intense muscle endurance workout that will supercharge your day! Burn fat, build muscle and rev up your metabolism with these powerful timed intervals! All fitness levels welcome!	*	*	*	*		
Hard CORE Abs: An excellent workout that focuses on the mid-section for a stronger CORE Beg-adv.	*	*	*	*		
Yoga, CORE & Restore: Traditional yoga postures & techniques along with CORE strengthening exercises that will tighten your mid-section and bring harmony to the body. Modifications will be shown for a variety of levels. Benefits include muscular balance, coordination, strength, flexibility, & relaxation. Beg-adv.	*	*	*			
Pilates Body I: Mat based workout designed to strengthen and tone "core" muscles, improve posture, flexibility and balance while focusing on muscle control through the use of your "powerhouse"(abs, low back, hips, & buttocks.) Beg -	*	*		*		
Pilates Body II: Move to the next level! Intermediate-Advanced moves will be perfected! Prerequisite: Pilates Body I		*	*	*		
Cardio Sculpt: A mix of heart pumping cardio & non-stop sculpting moves using lots of different equipment. Ie. body bars, weights, med balls, steps. Beg-Adv.	*	*	*		*	
Cardio Muscle Mix: A high energy cardio and muscle mix put into an interval format designed to challenge your cardiovascular system and muscle endurance. Beg-Adv.	*	*	*		*	
Zumba- A fusion of Latin & International music & dance themes. The routines are simple and feature interval training with a combo of slow and fast rhythms. Come join us in this "feel-happy" workout! No experience necessary.	*	*			*	
Kick Butt Bootcamp- an intense interval style work out sure to please the diehard in all of us. Cardio, strength and SWEAT!	*	*	*	*		
Sunday Sculpt : After a long week, don't you want to have some fun? Join us for an energizing workout that focuses on your major muscle groups and leaves you feeling stronger and rejuvenated!	*	*	*		*	
Kickbox, Step, and Tone! An intense cardio workout that marries the best of components of each workout! Get your fat burning in while creating leaner muscle mass.	*	*	*		*	
Butts, Guts & More: A cardio infused workout focusing on the core muscle groups, as well as the gluteals (butt) and legs while sustaining an elevated heart rate for maximum fat burn.	*	*	*	*		
All About Muscle: An invigorating workout focusing on increasing muscle strength, definition & endurance. All fitness levels welcome!	*	*	*	*		
Sculpt and Tone: Want long, lean muscles? This is the class for you! This class focuses on strength and function while creating shape and definition in those problem areas! All Levels Welcome	*	*	*		*	
Active Older Adult Classes / Silver Sneakers: for those adults 55 years and older who are looking to increase there physical fitness. See active older adult schedule for more details.	*	*	*		*	
Spinning: Non-impact workout combining outdoor cycling techniques to great music. Classes are performed on stationary bikes. The instructor takes you through a variety of intervals adjusting pace, resistance, & pedaling style.		*	*	*		
Bring it! Cardio: A high-energy s class that uses power surges and major muscle groups to crank the heart rate up! Perfect for those looking for max calorie burn!	*	*	*		*	
POWER Yoga: This challenging class will take you through a flowing, focused, progressive series designed to tone and reshape muscles, increase strength & endurance, and develop better flexibility, balance, and coordination. Think stretching is just for cool down? Don't save the best for last, experience the difference when you lengthen while you	*	*	*	*		
Vinyasa Flow Yoga: Relax with breath as we go through flowing vinyasas ,yoga postures & techniques. Benefits include muscular balance, coordination, strength, flexibility, & relaxation. Beg-adv.	*	*	*		*	
Stretch & Strength: The perfect balance of Pilates, Yoga, Ballet, Stretch and Tai Chi elements that are mixed together for a class that will use all of the body without overworking the muscles. After class you will feel re-energized and relaxed, the perfect way to balance out your fitness regimen.	*	*	*	*		
Circuit Training: A high energy mix of cardio and muscle put into an interval format designed to challenge your cardiovascular system and muscle endurance. Beg-Adv.	*	*	*	*		
Happy Hour Workout: A high energy workout mix perfect to end the week! A new format each week is designed to challenge your cardiovascular system and muscle endurance. Beg-Adv.	*	*	*		*	

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 everyone feels accepted. Come join us for a truly amazing experience.