

**Valid  
Jan. 2 - Feb. 26**

# Group Fitness Schedule Jan. / Feb. 2012

Members are our #1 priority! You can contact us anytime with comments, questions, or concerns.

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45 am Mike	5:45 - 6:45 am Joanna	5:45 - 6:45 am Mary	5:45 - 6:45 am Erica		7:30 - 8:30 am Tom	
<b>New!</b> 9:05-9:55 am Robin	3:45 - 4:30 pm Kristin H.		<b>New!</b> <b>Video Ride</b> 12 - 1 pm Chris Hibbs			
12 - 1 Kristen						
<b>New Time!</b> 4:45 - 5:45 pm Erica	<b>New!</b> <b>Video Ride</b> 5:15 pm start time (most rides 1 hr) Chris Hibbs	5:45 - 6:35 pm Carrie	5:15 - 6 pm Bosmat	<b>Spinning Rotation</b> Monday Jan. 2 - Sunday Jan. 15 - Endurance Monday Jan. 16 - Sunday Jan. 29 - Strength Monday Jan. 30 - Sunday Feb. 12 - Intervals Monday Feb. 13 - Sun. Feb. 26 - Instructor's Choice		

## Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>New!</b> 5:45-6:45 am Cardio Muscle Mix Karyn	5:45-6:45 am POWER Yoga Denise		5:45-6:45 am POWER Yoga Denise	5:45-6:30 am Kickbutt Bootcamp Karyn		
					8-8:55 am Pilates Body II Mary	7:45-8:45 am Vinyasa Flow Yoga Denise
<b>New!</b> 9:05-9:55 am Pilates - <i>Mixed Level</i> Kathy	9:05 - 9:55 am Cardio Sculpt Melissa	<b>New!</b> 9:05-9:55 am Step & Sculpt Tanya	9:05-9:55 am Zumba Winnie	<b>New!</b> 9:05-9:55 am Turbo Kick! Kristen	9-10 am Cardio Challenge Alicia	9 -10 am Sculpt & Tone Gail / Allison
10 - 10:45 am <i>*Silver Sneakers</i> Active Older Adult Strength Class (55 +) Kathy	10 - 10:45 am Active Older Adult Cardio Class (55 +) Ed	10 - 10:45 am <i>*Silver Sneakers</i> 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	11:15-12 pm Zumba Michelle	10-10:45 am Family Zumba Jose  8yrs & up with an adult
10:50 - 11:15 am 50 + Yoga Stretch Kathy	10:50 - 11:45 am Tai Chi Joe		10:50 - 11:45 am Tai Chi Joe		At the Waterbury YMCA we invite people from all walks of life, regardless of shape or size, to participate in our Group Fitness program.  <b>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.</b>  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.  So, what are you waiting for? Come join us for a truly amazing experience.	
	12-12:50 pm Zumba Joanna					
4-4:45 pm Bring It! Cardio Joanna		4:15-4:45 pm Zumba Express Gail		<b>New!</b> 4:45-5:30 pm Happy Hour Workout Tanya		
4:45-5:30 pm Ultimate Conditioning Joanna	4:45-5:45 pm Kickbox, Step, & Tone Tricia	4:45-5:30 pm All About Muscle Gail	4:45 - 5:30 pm Cardio Muscle Mix Melissa	5:30 - 6:30 pm Zumba Winnie		
5:30-5:40 pm Impeccable Abs Alicia / Joanna	5:45-6:15pm Hard CORE Abs Tricia	5:30-5:40 pm Impeccable Abs Gail	5:30-5:40 pm Impeccable Abs Melissa			
5:45-6:30 pm All Step! Alicia		<b>New!</b> 5:45-6:30 pm Turbo Kick! Kristen	5:45 - 6:30 pm Cardio Kickboxing Candace			
6:30-7:15 pm Zumba Joanna	6:20 - 7:15 pm Zumba Winnie	6:30 - 7:15 pm Pump it Up Joanna	6:30 - 7:15 pm Sculpt and Tone Allison			
7:15 - 8:15 pm Pilates 1 Rima	7:15 - 8 pm Butts, Guts & More Gail	7:15 - 8:15 pm Stretch & Strength Allison	7:15-8 pm Zumba Toning! Gail			



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**