



# GROUP FITNESS SCHEDULE

## Summer Session 2010

The Group Fitness Program will be **SHUTDOWN** August 29<sup>th</sup> – September 6<sup>th</sup>

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



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45-6:30 am Mary		5:45-6:30 am Mary		7:30-8:30 am ROTATE Robin: 7/24, 8/7, 8/21, 8/28 Brandon: 7/17, 7/31, 8/14 Bosmat: 7/3,7/10	
12-12:50 pm Mary			12-12:50 pm Chris			
	3:45 – 4:15 pm Robin					
5:45-6:45 pm Mike / Tom		5:45-6:35 pm Carrie	<b>New Time!</b> 5:15-6 pm Bosmat			

## Group Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:45-6:45 am Kickbutt Bootcamp Mary		6:15 - 7 am Kickbutt Bootcamp Karyn		
					8-8:55 am Pilates Body II Mary	7:45-8:45 am Vinyasa Flow Yoga Denise
<b>New Day!</b> 9:05-9:55 am Zumba! Winnie	9:05 – 9:55 am Cardio Sculpt Alicia / Tom	<b>New Day!</b> 9:05-9:55 am Cardio Muscle Mix Robin	9:05-9:55 am Pilates Body I Kathy	<b>New!</b> 9:05-9:55 am Kickbox & Core Alicia	9-10 am Cardio Challenge (Int – Adv)	9-10 am Cardio Sculpt Gail / Chrissy
10 – 10:45 am *Silver Sneakers Active Older Adult Strength Class (55 +) Kathy	10 – 10:45 am Active Older Adult Cardio Class (55 +) Alicia / Tom	10 – 10:45 am Starter Strength Robin	10 – 10:45 am Active Older Adult Cardio / Muscle Class (55 +) Kathy	10 – 10:45 am Active Older Adult Cardio Class (55 +) Instr. Rotata	July 3 – July 10 – Tricia July 17 – Chrissy July 24 – Chrissy July 31- Aug 7- Aug 14-Chrissy Aug 21- Aug 28-	10-10:45 am Family Zumba Michelle 8 yrs & up with an adult
<b>New Day!</b> 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			
<b>New!</b> 4:00-4:45 pm PUMP IT UP Joanna						
		4:15-4:45 pm Zumba Express Gail				
4:45-5:30 pm Ultimate Conditioning Alicia	<b>New!</b> 4:45-5:15 pm Step Express! Tricia	4:45-5:30 pm All About Muscle Gail	4:45 – 5:15 pm Bootcamp Express! Alicia			
5:30-5:40 pm Impeccable Abs Alicia	<b>New!</b> 5:15-5:45 pm Bootcamp Express! Tricia	5:30-5:40 pm Impeccable Abs Gail	5:15 - 5:45 pm Hard CORE Abs Alicia	5:30 – 6:30 pm Zumba Winnie		
5:45-6:30 pm All Step! Alicia	<b>New!</b> 5:45-6:15 pm Intervolocity Robin	5:45-6:30 pm Kickboxing Tricia	5:45 – 6:15 pm Cardio Muscle Blast Chrissy / Candance			
6:30-7:15 pm Zumba Michelle	<b>New!</b> 6:15-6:30 Impeccable Abs Robin	<b>New!</b> 6:30 – 7:15 pm PUMP IT UP Joanna	6:15 – 6:45 pm Kickbox Express Chrissy / Candance			
	6:30-7:15 pm Zumba Winnie		<b>New Class!</b> 6:45-7:30 pm Zumba Toning! Gail			
	7:15 – 8 pm Butts, Guts & More	7:15 – 8:30 pm Mixed Level Yoga				

### Check out our NEW classes!

#### Pump It Up

We welcome a new addition to our Group Fitness staff! Join Joanna Pond for 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!

#### Intervolocity

30 minutes of intense cardio bursts with bouts of strength intervals for added fat burn...NO SECOND GOES TO WASTE IN THIS EXPRESS WORKOUT!

#### Zumba Toning

All the fun of Zumba with added toning benefits! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones.