

# Group Fitness Classes

# 6/22/20 - 7/18/20

Please sign up for in house classes beforehand on our mobile app, or at our new "Check-in" desk in Wellness Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30AM <b>Group Cycling</b> Dave	5:30 - 6:30AM <b>VINYASA YOGA</b> Alex		5:30 - 6:30AM <b>VINYASA YOGA</b> Alex	5:30 - 6:30AM <b>Group Cycling</b> Elaine	7:00 - 8:00AM <b>Group Cycling</b> Javairia	7:45 - 8:45AM <b>MIXED LEVEL YOGA</b> Lisa <b>*VIRTUAL</b> 
8:00 - 8:45AM <b>Group Cycling</b> Vicki	8 - 8:45AM <b>Bootcamp with Tricia</b> <b>*VIRTUAL</b> 			8 - 8:45AM <b>Cardio, Strength &amp; Core with Alicia</b> <b>*VIRTUAL</b> 		*YMCA CLOSED
9 - 10AM <b>PILATES 1</b> Kathy	9 - 10AM <b>Strength Train Together</b> Meghan	9 - 10AM Cardio Dance Party Tammy	9 - 10AM Defend Together Alicia <b>*VIRTUAL</b> 	9 - 9:45AM Barre Jen <b>*VIRTUAL</b> 	8:30 - 9:30AM Bootcamp Alicia	
<b>Classic Conditioning</b> Kathy 10:30 - 11:15AM	AOA Cardio 55+ Ed 10 - 10:45AM <b>*VIRTUAL</b> 		AOA Combo 55+ Winnie 12:30 - 1:30PM <b>*VIRTUAL</b> 			
					<b>Welcome Back!</b> We missed working out in the group environment with you very much! Here is what you need to know about our group classes now:	
12 -1PM <b>Strength Train Together</b> Meghan		12- 12:45PM <b>YOGA Express</b> Alex	12 - 1PM <b>Group Cycling</b> Vicki	12 -1PM <b>Strength Train Together</b> Javairia	<b>MASKS:</b> Please wear your mask walking into the Gym, and while gathering, cleaning, and putting away equipment. Masks can be removed at the start of class and put back on when class ends.	
4:15 - 5:15PM <b>Cardio, Strength &amp; Core, Alicia</b> <b>*VIRTUAL</b> 	4:30 - 5:15PM <b>PILATES CORE</b> Jenn <b>*VIRTUAL</b> 	4:15 - 5:15PM <b>Core, Booty &amp; More</b> Alicia <b>*VIRTUAL</b> 	4:30 - 5:30PM <b>Strength &amp; Muscle Mix</b> Missy	4:15 - 5:15PM Zumba Winnie <b>*VIRTUAL</b> 	<b>CLEANING:</b> Please wipe down all equipment thoroughly before and after using it with the provided wipes OR spray bottles and microfiber towels.	
5:15 - 6:00PM <b>Kickboxing &amp; Core</b> Tricia		5:15 - 6:15PM <b>Cardio and Muscle Mix</b> Amanda			<b>MATS:</b> We are not providing any mats at this time. Please come prepared with your own mat.	
6:15 - 7PM <b>Group Cycling</b> Melissa (Dave 6/29)	6:30 - 7:30PM <b>Group Cycling</b> Dave	6:30 - 7:15PM <b>Group Cycling</b> Carrie	6:15 - 7:00PM <b>Zumba with Muscle</b> Joe		<b>CLASS LOCATION:</b> These classes take place on the front half of our Gymnasium. (12 people per class with a 12x12ft designated area).	
<b>*Rose Hill Rooftop outside</b> 6:30 - 7:30PM <b>Tai Chi w/Joe</b> *Bring your own outdoor chair 	<b>*Rose Hill Rooftop outside</b> 6:30 - 7:30PM <b>YOGA FLOW</b> Alex 		<b>*Camp Mataucha in Watertown</b> 7- 8PM <b>Outdoor Yoga</b> Shari (no sign-up necessary) 		<b>GROUP CYCLING:</b> Bikes will be wheeled onto the floor for class onto the "Please Stand Here" stickers, and moved against the wall when class is over.	
Tai Chi is <b>canceled</b> if it rains	Tues. night Yoga is <b>canceled</b> if it rains		Camp Yoga is <b>canceled</b> if it rains.		<b>ROSE HILL ROOFTOP:</b> The Rose Hill Rooftop is accessible by walking up the hill (behind our parking lot) through the gate. Members can park in the Rose Hill parking lot, and will have their temperature taken at the gate prior to entering.	
					<b>CAMP MATAUCHA:</b> Address for Thurs. night yoga is 270 Smith Pond Rd, Watertown.	
					<b>Virtual Classes:</b> Virtual classes will be live streamed on Zoom. The link for the classes will be posted on our "Greater Waterbury YMCA Group" on Facebook AND on our mobile app. Recorded classes will be posted on Facebook/website afterwards for those who may have missed them.	



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## **YMCA VIRTUAL CLASSES - WHAT TO EXPECT**

The Zoom links for all virtual classes will be posted at least one hour prior to the class start time on our mobile app AND the "Greater Waterbury YMCA **Group**" Facebook page (not the Greater Waterbury YMCA business page. To access the Facebook **group**, simply enter "Greater Waterbury YMCA Group" into the search box on the top left of your Facebook screen. You have to answer two simple questions to gain access to this group. To access our mobile app, search for "Greater Waterbury YMCA" on the app store.

### **How to Access your Virtual Class via Zoom**

1. The links on the mobile app will be labeled with the class name - just click and it will bring you to Zoom.
2. The links in the Facebook posts are labeled "Join Zoom Meeting." Click the appropriate link to join the virtual class. Keep in mind there are several virtual classes per day, so we will clearly display the class name to make this easy for you!  
NOTE: You may also use the Meeting ID to access the class.

**If you already have Zoom installed**, joining the meeting with the link will take you to your class.

**If you DO NOT have Zoom installed**, the link will open your default browser and prompt you to download and install Zoom. Once you have installed Zoom, you may proceed to your class. (For troubleshooting, please reference additional resources below)

After joining the meeting/class, you will be placed in a **waiting room**. The instructor will see you in the waiting room, and admit you to the class. The waiting room is in place to add an additional layer of security to these classes.

### **Audio/Microphone and Camera**

1. Once you have been admitted by the host, click "**Join with Computer Audio**".
2. When you first enter, **your audio will be muted**.
3. On the bottom left of the window, you will see a microphone icon. You can choose to un-mute yourself if you want to ask a question or say something. You can also choose to turn your camera off so no one can see you (just click the camera icon on the bottom of screen).
4. When the instructor is ready to begin the class, everyone will be muted except for the instructor.
5. Select "Speaker View" on the top right to enlarge the Instructor's video.

### **How will the class work?**

- Instructors will go through the class as if it were in-person. It's your same favorite instructor, just on camera!
- There will be windows of time before and after class to talk with the group and ask any questions you might have. This time is also reserved for the host to allow people into the class from the waiting room.
- **If you have a question**, locate the "Chat" icon at the bottom middle of the window. Click on this to bring up the chat. Type any question you have in here and the host will do their best to answer. If the host is unable to answer your question, you will be given an opportunity to ask the instructor once the class is over.

### **Additional Resources**

- Trouble downloading? Click to download the Zoom Desktop Client: <https://zoom.us/support/download>
- For more information on how to get started with Zoom on Windows and Mac: <https://support.zoom.us/hc/en-us/articles/201362033-Getting-Started-on-Windows-and-Mac>
- For more information on the Zoom Desktop Client: <https://support.zoom.us/hc/en-us/articles/360032812931-Starting-the-Zoom-Desktop-Client>