



WHEELER REGIONAL FAMILY YMCA GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

860 793 9631

www.wheelerYMCA.org

EFFECTIVE 9/18/2017

STUDIO A

STUDIO B/C

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SPINNING 5:35-6:36 AM JOANNE	YOGA POWER 8:30-9:30AM KRISTEN	SPINNING 5:35-6:35 AM STACIA		SPINNING 5:35-6:35 AM JOANNE	SPINNING 8:15-9:15AM HEIDI	SPINNING 9:00-10:30AM HEIDI
	SPINNING 9:30-10:30AM HEIDI	SPIN, STRENGTH, STRETCH 9:30-11:00AM TANYA	SPINNING 9:30-10:30AM TANYA	SPINNING 8:00-9:00AM HEIDI	SPIN, STRENGTH, STRETCH 9:30-11:00AM TANYA		
	SPINNING 5:30-6:30PM DOUG	SPINNING 5:30-6:30PM MIRA	SPINNING 5:30-6:30PM MIRA	SPINNING 5:30-6:30PM HEIDI			
				SPIN CLINIC 6:45-7:15PM 1st THURS OF MONTH			
	YOUNG AT HEART 8:20-9:20AM KAREN	YOUNG AT HEART 8:20-9:20AM KAREN	GENTLE PILATES 8:30-9:15AM CAROL	YOUNG AT HEART 8:20-9:20AM KAREN	YOUNG AT HEART 8:20-9:20AM KAREN	VINYASA YOGA 8:05-9:15 AM APARNA	ZUMBA 8:15-9:15AM JEN
	STRENGTH CHALLENGE 9:30-10:30AM TANYA	H.I.I.T. 9:30-10:30AM JOCELYN	BOOT CAMP 9:30-10:30AM JOCELYN	PLYOGA 9:30-10:30AM TANYA	STRENGTH CHALLENGE 9:30-10:30AM JOCELYN	INSANITY LIVE! 9:30-10:30AM MONICA	BARRE 9:30-10:30AM TANYA
	PILATES 10:35-11:20AM TANYA	ZUMBA 10:35-11:35AM WENDY		POWER YOGA 10:45-11:45AM EMILY	PILATES 10:35-11:20AM JOCELYN	ZUMBA 10:40-11:40AM ANNA	
				ZUMBA 12:00-1:00PM WENDY			
					ZUMBA GOLD 4:30-5:15PM DIANE		
	PLYOGA 5:30-6:30PM PATTY	SCULPT AND TONE 5:15-6:00PM TAMMY	ZUMBA (MODERATE) 4:30-5:15PM CARLA	SCULPT AND TONE 5:15-6:00PM SHERYL			
		YOGA 6:05-6:50PM EMILY	STRONG 5:30-6:30PM PAULETTE	INSANITY LIVE! 6:05-6:50PM MONICA	YOGA FLOW 6:00-7:15PM LEANNA		
	YOGA FLOW 6:45-7:45PM PATTY	ZUMBA 6:55-7:55PM ANNA	GENTLE YOGA 7:00-8:00 PM LEANNA	ZUMBA 7:00-7:55PM CARIANN			

IMPORTANT INFORMATION

PLEASE ARRIVE TO CLASS ON TIME WHENEVER POSSIBLE

YELLOW HIGHLIGHT - new class, new time, new location or new instructor!

GROUP EXERCISE SCHEDULE is subject to change occasionally based on participation, member feedback, instructor availability and new programming.

Class	Description
Barre	High energy class that combines Pilates core work with Barre and sculpting exercising to chisel the abs and create a strong and lean body.
Body Challenge	Energetic class that uses weight training, interval training and power moves to get your heart rate up and work your entire body. Strengthen via a series of weight bearing exercises including squats, presses, lunges, lifts and more. Finish with core strengthening and cool down stretch.
Boot Camp	This heart pumping cardio class has drills that will increase speed and endurance. This full body muscle conditioning class will tone and tighten every part of the body.
Cardio Mix	This high energy, low impact class will help burn those unwanted calories. Cardio Tone combines light weights with basic cardio moves.
H.I.I.T.	H.I.I.T. stands for HGH INTENSITY INTERVAL TRAINING! Train both strength and cardio during this high energy class! Modifications can be made to accommodate all skill and fitness levels.
Insanity Live!	Insanity Live! Is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape-levels of each exercise are provided. Time to dig deep!
Kids Drop in	A drop in class for ages 5 to 17! Keep your kids active all year long while you get your own workout! **Fees apply
Kickboxing	High intensity cardio workout using boxing, karate and mixed martial arts inspired moves with some body weight strength training.
Pilates	Pilates is an innovative system of mind/body exercises evolved from the principles of Joseph Pilates. Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without bulk, creating a sleek, toned body. Pilates improves flexibility, agility and economy of motion.
PLYOGA	A high energy 4 part interval training system using the benefits of fundamental & accelerated yoga as an active recovery for plyometric (reactive) movements.
Sculpt and Tone	This low impact muscle strength/endurance workout uses dumbbells, weight bars, resistance bands and body weight and will challenge you and reward you with a stronger and more defined body.
Spinning	A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, and endurance.
Spin Clinic	For first timers or anyone who wants to learn terminology and proper form to have a successful spin class.
Spin, Strength and Stretch	A very high-energy class that incorporates time on the bikes for cardio, strength training with dumbbells and a full body stretch for recovery.
Strength Challenge	This is a powerful class that uses a variety of weight equipment to strengthen and tone all your major groups. It is the closest you can come to a personal training session without paying for one. All skill levels are welcome.
Strong	Body weight strength class using H.I.I.T. style training
Yoga Flow	Uses both traditional vinyasa like sun salutations and also creatively links asana to move deeper into the body. Sequences can be vigorous, but vary with slower, gentler transitions, and long holds are incorporated into the practice to strengthen body and mind. The "flowing" nature of the class is designed to keep focus in the body by asking you to be constantly present in the practice. Core connection is cultivated. A physically sound body is recommended. All levels are welcome!
Yoga - Power	In this class breath is emphasized which heals, detoxifies, and exhilarates the mind, body and soul. Emphasis is on flow movement, core work, balance and intention. Welcome all levels!
Young At Heart	The main focus of this class is on the active older adult. Low impact aerobics, step, muscular endurance, range of motion, hip strength, balance, and core strength are emphasized in the class.
Zumba	This fitness class is inspired by Latin dance and consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Classes involve louder music and a party atmosphere, not to exceed the safe decibel level of 90dB, please be aware of this when choosing to take this class.
Zumba Gold	Zumba for those interested in a little less intensity.