

WILSON-GRAY YMCA YOUTH AND FAMILY CENTER 860.241-9622 • WilsonGrayYMCA.org

GROUP EXERCISE SCHEDULE



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 2019

GROUP EXERCISE ROOM

MONDAY

STT
9:00-10:00 AM
RICK A

SILVER SNEAKERS
11:00-11:45 AM
GLENN A

ABS SOLVE
5:30-5:45 PM
AARON A

GROUP CYCLE
6:00-7:00 PM
LOVE AD

CARDIO KICK BOXING
7:00-8:00 PM
MILON A

TUESDAY

GROUP CYCLE
5:45-6:45 AM
SAM A

ZUMBA
9:00-10:00 AM
CHINUE A

SILVER SNEAKERS
11:30-12:15 PM
KEITH A

WEDNESDAY

OPEN
GROUP CYCLE
5:45-6:45 AM
WG Member Lead

ABS SOLVE
5:30-5:45 PM
CHINUE A

ZUMBA
6:00-7:00 PM
KAY KAY (GYM) A

BOXING
CONDITIONING
7:00-8:00 PM
MILON AD

THURSDAY

OPEN
GROUP CYCLE
5:45-6:45 AM
WG Member Lead

SILVER SNEAKERS
11:00-11:45 AM
BETH A

ZUMBA
6:00-7:00 PM
NEKA (GYM) A

STT
7:00-8:00 PM
RICK A

FRIDAY

STRONG by ZUMBA
6:00-7:00 PM
KISHA AD

SATURDAY

ZUMBA
10:00-11:00 AM
KISHA A

SUNDAY

NO
CLASSES

GENERAL INFO & EVENTS

***No
Admittance
into class
after 15
minutes**

***Class Levels**
A= All Levels
AD= Advanced

Adaptive Fitness- Registration and times vary. See wellness staff for more information.

Greater Hartford Slimdown (GHSD2019)
Visit GHYMCA.org/slimdown to learn more.
Points per workout:

Strength training- 2 points (max 6 points a week)
Cardio & Mind/Body- 1 point (max 4 points per week)

Updated 11/18/19

CLASS DESCRIPTIONS – Group exercise classes are for all levels of fitness. Inform the instructor if you are new to the Y, we are happy to show modifications for all levels of fitness.

★ **Adaptive Fitness** – Adaptive Fitness and Sports at the Y is designed to help individuals with disabilities reach their fullest potential through support and fellowship, as well as health, wellness and sport activities. Members have the opportunity to meet with a fitness coach who will help the member set goals, design a personal exercise program based on individual needs and train participants to use adaptive or standard equipment independently or with assistance.

Abs solve – Want Washboard abs? This quick abs class is a concentration on the abdominal muscle group. All levels are welcome.

Boot Camp – This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

Boxing Conditioning – Experience a complete body conditioning workout with a series of boxing, weights, and core moves. This interval training workout will challenge your body with a combination of cardio and strength.

Group Cycle – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat. Appropriate music is played to help motivate you through the ride.

★ **M.O.C.H.A.** – MOCHA stands for Men of Color Health Awareness. It was developed to improve the health and wellness of men of color. This collaborative effort enables men of color to engage in an educational and social experience with the support and motivation necessary to make lifestyle and community changes.

Silver Sneakers – Silver Sneakers Classic focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and a Silver Sneakers ball. Often a chair is used for seated exercises or standing support.

Cardio Kickboxing– Burn calories, sculpt and increase muscle tone – all while training your body to functionally work your muscle groups.

STT (Strength Train Together) – the most enjoyable way to train! This class will blast all your muscles with high-rep weight training. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Music and a group atmosphere will get your heart rate up, make you sweat and push you to a personal best.

ZUMBA – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. The name Zumba® is derived from a Colombian word meaning to move fast and have fun.

Trap Yoga– Is a style of yoga that combines the physical practice of Vinyasa-Flow with Trap Music. Trap a style of Hip-Hop music originated in the southern United States. Benefits are to Develop body awareness. Manage stress through breathing, meditation, and healthy movement.