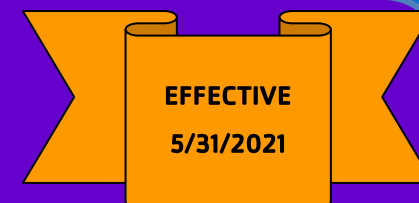


Wheeler YMCA GROUP EX Schedule

860.793.9631 | WheelerYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Group Exercise

Aqua

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|---|--|--|--|--|--|--|
| Group Exercise | <p>Spinning Mira 5:30am</p> <p>Coming Soon 10:00am</p> <p>STT Scott 5:45pm</p> | <p>Strength/Balance Tanya 8:30am</p> <p>Coming Soon 5:45pm</p> | <p>Spinning Scott 5:30am</p> <p>Spinning Mira 5:45pm</p> | <p>STT Scott 5:30am</p> <p>Senior Cardio Tanya 8:30am</p> <p>Bootcamp Tanya 9:45am</p> <p>Zumba Carla 5:45pm</p> | <p>Senior Cardio Tanya 8:30am</p> | <p>Spinning Heidi 8:15am</p> <p>STT Tanya 9:30am</p> | <p>Spinning 90 Minutes Heidi 8:30am</p> |
| Aqua | <p>Aqua Fitness 11 Slots 6:00am</p> | <p>Aqua Fitness 11 Slots 9:30am</p> <p>Aqua Arthritis 11 Slots 10:30am</p> | <p>Aqua Fitness 11 Slots 6:00am</p> | <p>Aqua Fitness 11 Slots 9:30am</p> <p>Aqua Arthritis 11 Slots 10:30am</p> | | <p>Aqua Fitness 9 Slots 7:15am</p> | |

Classes in Pink are in Studio B/C

Classes in Green are in the Gymnasium

Classes in Blue are in the pool

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EFFECTIVE
5/10/2021

BOOTCAMP 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.

GENTLE YOGA Perfect for all levels, this practice focuses the healing art Yoga on the student, while remaining deeply rooted of the vast treasury of the spirituality & wisdom within the yoga tradition.

SPINNING 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.

SENIOR CARDIO A cardio class for Active Older Adults or those brand new to fitness. Lower cardio intensity options and no core floor work will raise heart rates for a total body workout, including cardio endurance. Intermediate/Advanced Senior fitness level.

SENIOR STRENGTH & BALANCE A perfect fit for the beginner or anyone looking to improve flexibility and strength, two factors that have been proven to help reduce falls and improve balance.

STT or STRENGTH TRAIN TOGETHER STRENGTH TRAIN TOGETHER is 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.

YOGA A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

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 Columbian word meaning to move fast and have fun.