

Wheeler YMCA GROUP EX Schedule

860.793.9631 | WheelerYMCA.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Group Exercise

Spinning
Mira
5:30am

**Strength/
Balance**
Tanya
8:30am

Spinning
Scott
5:30am

STT
Scott
5:30am

Senior Cardio
Tanya
8:30am

Senior Cardio
Tanya
8:30am

Spinning
Heidi
8:15am

Spinning
90 Minutes
Heidi
8:30am

**Seated Core &
Cardio (30Min)**
Christy
11:15am

Bootcamp
Tanya
9:45am

**Upper Body
Blast (30 Min)**
Christy
11:15am

STT
Tanya
9:30am

STT
Scott
5:45pm

Boxing
Sarah
5:45pm

Spinning
Mira
5:45pm

Zumba
Carla
5:45pm

Aqua

Aqua Fitness
6:00am

Aqua Arthritis
9:30am

Aqua Fitness
6:00am

Aqua Arthritis
9:30am

Aqua Fitness
7:15am

Aqua Arthritis
10:30am

Aqua Arthritis
10:30am

Pink-Studio B/C

Green-Gymnasium

Blue-Pool

Black-Wellness

Purple-Spin Studio

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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.

BOXING This class consists of 8-10 3 min rounds with 1 minute rest. How to properly hit the heavy bag will be taught along with proper stance and punching techniques. Core workouts will round off this class. Hand wraps and boxing gloves may be required.

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.

SEATED CORE & CARDIO A seated upper body workout using weights, bands, and more! This class will focus on shoulder health, maintenance, flexibility, and strength training all in one.

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.

UPPER BODY BLAST This seated class is great for all ability and function levels. The focus of this class is core strengthening and flexibility, with cardio to make this 30-minute class a total body workout!

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.