

# Wheeler YMCA GROUP EX Schedule

860.793.9631 | WheelerYMCA.org



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



Studio B/C

Studio A

Aqua

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Studio B/C	<p><b>Pilates</b> Carol 9:30am</p> <p><b>STT</b> Scott 6:00pm</p>	<p><b>STT</b> Scott 5:30am</p> <p><b>Balance &amp; Flex</b> Tanya 8:15am</p> <p><b>Seated Core &amp; Cardio 30</b> Christy 11:15am</p> <p><b>Rumble</b> Sarah 6:00pm</p>	<p><b>Yoga</b> Gizem 9:30am</p> <p><b>Zumba</b> Carla 6:00pm</p>	<p><b>STT</b> Scott 5:30am</p> <p><b>Active Adults Cardio</b> Tanya 8:15am</p> <p><b>Bootcamp</b> Tanya 9:30am</p> <p><b>Upper Body Blast 30</b> Christy 11:15am</p> <p><b>Yoga</b> Crystal 6:00pm</p>	<p><b>Active Adults Cardio</b> Tanya 8:15am</p> <p><b>STRONG</b> Tanya 9:30am</p> <p><b>Rumble</b> Sarah 6:00pm</p>	<p><b>STT</b> Tanya 9:30am</p> <p><b>Pilates BARRE</b> Tanya 10:45am</p>	
Studio A	<p><b>Cycling</b> Mira 5:30am</p>	<p><b>Cycling</b> Heidi 6:00pm</p>	<p><b>Cycling</b> Scott 5:30am</p> <p><b>Cycling</b> Mira 6:00pm</p>		<p><b>Cycling</b> Mira 5:30am</p>	<p><b>Cycling</b> Heidi 8:15am</p>	<p><b>Cycling 90</b> Heidi 8:30am</p>
Aqua	<p><b>Aqua Fitness</b> 6:00am</p>	<p><b>Gentle Joints</b> 9:30am</p> <p><b>Aqua Arthritis</b> 10:30am</p>	<p><b>Aqua Fitness</b> 6:00am</p>	<p><b>Gentle Joints</b> 9:30am</p> <p><b>Aqua Arthritis</b> 10:30am</p>		<p><b>Aqua Fitness</b> 7:15am</p>	

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.

**RUMBLE** 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.

**ACTIVE ADULTS 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.

**BALANCE & FLEX** 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