



DOWNTOWN YMCA

IN-PERSON AND ZOOM GROUP EXERCISE CLASSES

860.522.4183 | DowntownYMCA.org

Beginning
4/4/2022

MONDAY

POWER YOGA
Rachel
11:45 -
12:15PM

CYCLING
Rachel
12:30 - 1PM

ZUMBA
Jessica
5:45 - 6:45PM

TUESDAY

SILVER
SNEAKERS
Glen
11 - 11:45AM

ID: 848 1605
7544

BOOTCAMP
Jeanne
12 - 12:45PM

ID: 990 693
6806

CYCLING
Irina
5:45 - 6:45PM

WEDNESDAY

WATER
AEROBICS
Shay
9:30 - 10:15AM

CYCLING
Natalie
12:15 - 1PM

ZUMBA
Carletha
5:45 - 6:45PM

THURSDAY

CYCLING
Irina
5:45 - 6:45PM

FRIDAY

STRENGTH &
CONDITIONING
Irina
5:45 - 6:45PM

SATURDAY

ZUMBA
Adriana
10 - 11AM

Class Descriptions

Cycling - A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat.

Power Yoga - Power yoga, which is also known as Vinyasa yoga, is a fast-paced style of yoga that's focused on building strength and endurance. It is also an excellent form of yoga for burning calories.

Strength & Conditioning – An intense hour mixed with drills and strength training that will push you to your limit!

Water Aerobics - A combination of cardio and strength conditioning with low impact on your joints. Participation in the class will improve cardiovascular endurance and muscle strength.

ZUMBA - Combined targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA® moves to create a calorie-torching, strength-training dance fitness-party.

KEY:

ZOOM CLASS 

IN PERSON CLASS 

Zoom Password:

YMCA "time of class"

Example: YMCA5:30P or YMCA7:30A