



# Mystic Branch: Group Exercise Schedule

Fall I September 4– September 30, 2018

## MONDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:25AM	Pilates	Low/Moderate Intensity	Noreen	Gym
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Marion/Nancy	Gym
8:30AM - 9:25AM	TRX Interval	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Marion	Masonicare
10:30AM - 11:15AM	Cardio Dance & Tone	Moderate Intensity	Yolla	Gym
11:30AM - 12:15PM	Stretch and Core	Low/Moderate Intensity	Yolla	Gym
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Masonicare
5:00PM - 6:00PM	*Enhance Fitness	N/A	Noreen	Masonicare
5:30PM - 6:30PM	Vinyasa Yoga	Moderate Intensity	Debbie	Masonicare
6:00PM - 7:00PM	TRX Interval	High Intensity	Cheryl	Gym

## TUESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
8:00AM - 9:15AM	Flow Yoga	All Levels	Janice	Masonicare
9:00AM - 10:00AM	TRX/Weights	Moderate/High Intensity	Cheryl	Gym
11:00AM - 11:45AM	Strength & Conditioning	Low/Moderate Intensity	Yolla	Gym

## WEDNESDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:25AM	Pilates	Low/Moderate Intensity	Noreen	Gym
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Marion/Loren	Gym
8:30AM - 9:25AM	Cross Conditioning	High Intensity	Cheryl	Gym
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Marion	Masonicare
10:45AM - 11:15AM	Abs & Arms	Moderate/High Intensity	Dorothy	Gym
11:45AM - 12:45PM	*Tai Chi	Low Intensity	Onassis	Masonicare
5:30PM - 6:30PM	Step	Moderate/High Intensity	Kim	Masonicare

## THURSDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
5:00AM - 5:55AM	TRX Interval	High Intensity	Noreen	Gym
6:55AM - 7:55AM	Nei Kung	Moderate Intensity	Dr. Schwindt	Masonicare
8:05AM - 9:20AM	Vinyasa Yoga	Moderate Intensity	Debbie	Masonicare
9:30AM - 10:45AM	Step	Moderate/High Intensity	Marion	Masonicare
9:00AM - 9:45AM	Strength & Conditioning	Low/Moderate Intensity	Yolla	Gym
10:00AM - 10:45AM	Barre	Moderate Intensity	Yolla	Gym
10:45AM - 12:00PM	Senior Yoga	Low Intensity	Barbara	Masonicare



# Mystic Branch: Group Exercise Schedule

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## FRIDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
6:30AM - 7:25AM	Pilates	Low/Moderate Intensity	Noreen	Gym
7:30AM - 8:25AM	*Cardiac Rehab	N/A	Laurie/Kate	GYM
8:30AM - 9:10AM	Cross Conditioning	High Intensity	Cheryl	GYM
8:50AM - 9:35AM	Senior Wellness	Low Intensity	Yolla	Masonicare
5:00PM - 6:00PM	*Enhance Fitness	N/A	Noreen	Masonicare
10:00AM - 10:40AM	Zumba	Moderate/High Intensity	Jill	GYM
11:00AM - 11:45AM	Stretch and Core	Low /Moderate Intensity	Yolla	GYM

## SATURDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
8:30AM - 9:30AM	Step	Moderate/High Intensity	Kim	Masonicare
9:30AM - 10:30AM	Vinyasa Yoga	Moderate Intensity	Debbie/Sarah	Masonicare

## SUNDAYS

TIME	CLASS	LEVEL	INSTRUCTOR	LOCATION
10:00AM - 11:30AM	Mindful Yoga	Low Intensity	Pamala	90 High St. Westerly, RI
11:45AM - 12:30PM	Guided Meditation	Low Intensity	Pamala	90 High St. Westerly, RI

**STRENGTH  
AND FUN  
IN NUMBERS**  
Group Exercise Classes



- \*Indicates that registration is required & that there may be a program fee. Please contact Welcome Center in order to register.
- Registration opens 24 hours in advance for each spin class. Contact the Welcome Center to secure your spot, space is limited!
- The schedule is subject to change at any time due to Y events . Stay up to date by checking out our website or Facebook page.

Green signifies a lower intensity class

Blue signifies a moderate intensity class

Purple signifies a higher intensity class



# Group Fitness Class Descriptions

**Abs and Arms** — 30 min express workout using stability balls, medicine balls, hand weights, & tubing. Focus is on strengthening arms and core.

**Barre** — A series of movements that strengthens and lengthens the entire body and promotes balance and stability. Includes a combination of functional strength and athletic movements in conjunction with the core conditioning principles of Pilates, ballet, and Yoga.

**Cross Conditioning** — Total body conditioning designed to burn calories, build strength and enhance your aerobic fitness in this athletic circuit class. This class combines skills, drills, running and alternate cardio and strength segments for a challenging workout.

**Cardio Dance & Tone** This class combines body sculpting moves with easy to follow dance steps creating a dynamic and exciting class.

**\*EnhanceFitness®** — Evidence based 16-week program which focuses on increasing cardiovascular endurance, strength, balance, and flexibility to help reduce arthritis symptoms.

**Flow Yoga** — Smoothly connect Yoga poses with mindful breathing to create strength, balance, and flexibility of the mind and body.

**Guided Meditation** — Guided relaxation and focusing exercises will help calm the mind, rebalance emotions, lower blood pressure/heart rate and boost the immunity. Guided Meditation is the easiest way to meditate and is appropriate for all levels of experience.

**Mindful Yoga** — Integrates a slow flow-based style of Yoga with Basic Mindfulness and conscious breath awareness to help calm the nervous system. A release of deep seated tension in the spine and an improvement in posture while re-balancing the mind/body connection.

**Nei Kung** — A system of Qi Gong formalized by Grandmaster C.K. Chu, is an hour long exercise that is meditative. Participants can expect to have increased energy and focus after this class.

**Pilates** — Designed to take you from basic to advanced mat exercises that will increase your body's strength, flexibility and core stability.

**Senior Wellness** — Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout to assist with activities of daily living.

**Senior Yoga** — Help improve balance and flexibility, with the aim of increasing overall health benefits.

**Spin** — An overall cardiovascular workout using the spin bikes that includes guided rides with a focus on climbing and riding at a pace that challenges and strengthens your mind and body.

**Spin Intervals**— Experience a full ride of hills, sprints and endurance intervals along with weight training off the bike. Experience the benefits of a cardio workout plus strength building in one class.

**Step** — Intricate choreography combinations for participants that are familiar with the basics of stepping.

**Strength and Conditioning** — A full-body muscle workout focused on functional strength, core conditioning, and flexibility.

**Stretch and Core**—A blend of stretches to lengthen and strengthen your muscles and core stability training designed to improve strength and suppleness.

**Tai Chi Chuan** — Slow balanced movements concentrated on developing internal power, increased circulation and overall harmony of the body.

**TRX Interval** — Using the suspension training system along with quick transitions keeps your heart rate up and burning calories.

**Vinyasa Yoga** — One hour of Power yoga will appeal to people who are already quite fit, enjoy exercising, and want to work hard and work up a sweat. The focus is on building strength, becoming more flexible and balanced.

**Zumba** —Come join the party! Zumba fuses Latin rhythm with easy to follow dance moves to create a dynamic fitness program that will blow you away!