



WESTERLY-PAWCATUCK BRANCH

# WELLNESS CLASS SCHEDULE

## MONDAY:

5:30-6:30am (SB) **H.I.I.T. STRENGTH** w/ Jenny  
 7:00-7:45am (SB) **STRETCH & GO** w/ Gerry  
 7:45-8:30am (SB) **ZUMBA** w/ Gerry  
 8:00-9:00am (SA) **BARRE** w/ Polly  
 8:00-8:45am (G) **SILVER SNEAKERS CARDIO** w/ Michele

9:15-10:15am (SA) **VINYASA YOGA** w/ Polly  
 9:15-10:15am (SB) **\$TAI CHI** w/ Onassis  
 9:15-10:15am (G) **TOTAL BODY**

10:30-11:30am (G) **CONDITIONING** w/ Diane  
**BUTTS & GUTTS** w/ Trish or Tara

10:30-11:30am (SA) **GENTLE PILATES** w/ Polly  
 10:30-11:30am (SB) **ZUMBA** w/ Tina  
 4:15-5:15pm (SB) **TRX** w/ Martha  
 4:30-5:15pm (SA) **CARDIO KICKBOXING** w/ Carolyn

5:30-6:30pm (SA) **BARRE** w/ Sarah or Tina  
 5:30-6:45pm (SB) **GENTLE YOGA** w/ Dino  
 6:45-7:30pm (SA) **\$POUND** w/ Theresa  
 6:45-7:45pm (SB) **\$FLASH DANCE!** w/ Tina

## TUESDAY:

5:30-6:30am (SB) **H.I.I.T. PLYO-AGILITY** w/ Jenny  
 7:00-7:45am (SB) **TRX** w/ Kathleen  
 7:00-7:45am (SA) **PILATES PLUS** w/ Polly  
 8:00-9:00am (SA) **BARRE** w/ Polly  
 8:15-9:00am (SB) **ANYTHING GOES** w/ Pat  
 8:00-9:00am (G) **SILVER SNEAKERS L2** w/ Audrey

9:15-10:15am (SB) **BOOT CAMP** w/ Trish  
 9:15-10:15am (G) **SILVER SNEAKERS L1** w/ Michele

10:30-11:30am (SA) **GENTLE YOGA** w/ Dino  
 11:30-12:00pm (SA) **MEDITATION** w/ Dino  
 10:30-11:30am (SB) **SILVER SNEAKERS L2** w/ Polly

10:30-11:30am (G) **SILVER SNEAKERS L1** w/ Michelle T.  
 3:45-4:15pm (SB) **TRX** w/ Mary Ellen

4:20-5:20pm (SA) **PILATES PLUS** w/ Mary Ellen  
 5:30-6:30pm (SA) **PILATES** w/ Stacey  
 5:30-6:30pm (SB) **CARDIO DANCE** w/ Judy  
 6:45-7:30pm (SA) **\*KETTLEBELL TRAINING +** w/ Carolyn

## WEDNESDAY:

5:30-6:15am (SB) **ANYTHING GOES** w/ Carolyn  
 7:00-7:45am (SB) **STRETCH & GO** w/ Gerry  
 8:00-9:00am (SA) **YOGA** w/ Polly  
 8:00-9:00am (G) **SILVER SNEAKERS CARDIO** w/ Gerry

9:15-10:15am (SA) **VINYASA YOGA** w/ Connie  
 9:15-10:15am (SB) **\$TAI CHI** w/ Onassis  
 9:15-10:15am (G) **BODY SCULPT** w/ Polly  
 10:30-11:30am (SA) **YOGA BASICS** w/ Connie  
 10:30-11:30am (SB) **CLUB VIBE** w/ Tina  
 5:30-6:30pm (SB) **MIDTEMPO CARDIO** w/ Jenny  
 5:30-6:30pm (SA) **VINYASA YOGA** w/ Sheri  
 6:30-7:30pm (SA) **ZUMBA** w/ Julie  
 6:30-7:30pm (SB) **STRENGTH TRAINING** w/ Jenny

## THURSDAY:

5:30-6:30am (SB) **BOOTCAMP** w/ Lisa  
 7:00-7:45am (SB) **TRX** w/ Kathleen  
 7:00-7:45am (SA) **PILATES PLUS** w/ Polly  
 8:00-9:00am (SA) **BARRE** w/ Tina  
 8:00-9:00am (G) **SILVER SNEAKERS L2** w/ Audrey  
 9:00-9:30am (SA) **AB LAB!** w/ Polly  
 9:15-10:15am (SB) **KICK BOXING** w/ Annalisa  
 9:15-10:15am (G) **SILVER SNEAKERS L1** w/ Michele

10:30-11:45am (SA) **YOGA for BEGINNERS & MEDITATION** w/ Sue

10:30-11:30am (G) **SILVER SNEAKERS L1** w/ Michele

10:30-11:30am (SB) **SILVER SNEAKERS L2** w/ Lindsay

4:15-5:15pm (SA) **PILATES PLUS** w/ Stacey  
 5:30-6:30pm (SA) **ZUMBA** w/ Gerry

5:30-6:15pm (SB) **HIT 2B FIT** w/ Carolyn

6:30-7:30pm (SB) **BOOT CAMP** w/ Jenny  
 6:45-7:30pm (SA) **\$POUND** w/ Theresa

## FRIDAY:

5:30-6:15am (SA) **\*KETTLEBELL TRAINING +**  
 6:30-7:15am (SA) **\$KETTLEBELL TRAINING** w/ Pat  
 7:00-7:45am (SB) **STRETCH & GO** w/ Gerry  
 7:45-8:30am (SB) **ZUMBA** w/ Gerry  
 8:00-9:00am (G) **SILVER SNEAKERS CARDIO** w/ Polly

9:15-10:15am (SA) **VINYASA YOGA** w/ Connie  
 9:15-10:15am (SB) **ZUMBA** w/ Tina  
 9:15-10:15am (G) **SCULPT/STRENGTH** w/ Polly  
 10:30-11:30am (SA) **GENTLE YOGA** w/ Connie  
 5:45-6:25pm (SB) **CROSS CONDITIONING** w/ Diane

6:35-7:35pm (SB) **FAMILY TAEKWONDO** w/ Andrew

## SATURDAY:

6:30-7:00am (W) **TREAD INTERVALS** w/ Pat  
 7:00-8:15am (SA) **VINYASA YOGA** w/ Kristi  
 7:15-8:15am (SB) **TRIPLE THREAT** w/ Jenny  
 8:30-9:30am (SA) **BARRE** w/ Sarah  
 8:30-9:30am (SB) **STEP & SCULPT** w/ Audrey

9:45-10:45am (SA) **PILATES** w/ Stacey  
 9:45-10:45am (SB) **ZUMBA** w/ Julie or Tina  
 11:00a-12:00p (SB) **\$FLASH DANCE!** w/ Tina  
 11:00-11:45am (SA) **\*KETTLEBELL TRAINING** w/ Pat

## SUNDAY:

7:45-8:15am (SB) **HIT 2B FIT** w/ Carolyn  
 8:00-8:45am (SA) **BARRE** w/ Heather  
 8:30-9:30am (SB) **CARDIO SCULPT** w/ Carolyn  
 9:00-10:15am (SA) **VINYASA YOGA** w/ Linda

# SPRING TERM I FEB 27 - APRIL 23, 2017

401-596-2894

[oceancommunityymca.org](http://oceancommunityymca.org)

SA = Studio A                      SB = Studio B  
 G = Gymnasium                      W=Wellness Center  
 \$ = Paid Class  
 RED indicates a change in the schedule  
 GREEN indicates a Registered or Advanced Sign Up class!  
 Updated 3/9/2017

# CLASS DESCRIPTIONS

## LOWER INTENSITY

**Barre/Barre Blend:** workout is a series of movements that strengthen the entire body and insures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates and the flexibility of Yoga.

**Family Taekwondo:** Feel great about bonding with your children, family and friends while being introduced to this martial art which originated in Korea and has been an Olympic sport since 2000.

**Gentle Pilates/Pilates for Beginners:** For those new to Pilates or working with injuries or physical limitations. Strengthen core muscles, improve flexibility and balance in a gentle safe way.

**Silver Sneakers Level 1:** Unlock the door to greater independence and a healthier life with Silver Sneakers, a total body conditioning class offering exercises for the upper and lower body designed to increase muscular strength, range of movement and activities for daily living. Resistance tools and a chair for seated and standing support are used to increase the effectiveness of functional skills and abilities needed for independent living.

**Stretch & Go:** Combine core strengthening, muscle toning and flexibility with a healthy dose of fellowship and fun!

**Yoga /Yoga Basics /Gentle Yoga** Our Yoga classes are taught by a variety of very skilled, caring instructors. The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress.

## MODERATE INTENSITY

**AB LAB:** The core is the strongest part of the body, so treat it right with 30 minutes of pure core strengthening exercise!

**Body Sculpt:** Using a variety of equipment and styles of exercise, you will sculpt your body and rev up your metabolism while also improving strength, balance and flexibility.

**Cardio Sculpt:** This class combines cardio (step or floor routines) and Body Sculpting in an interval format to give you the benefits of both types of exercise in one class.

**Club Vibe:** Studio style dance meets cutting edge fitness in this hot, new, explosive and effective fitness format! Club Vibe will keep you moving from start to finish as you learn and perform cardio challenging routines to music that is sure to motivate you!

**Sculpt/Strength/Step** It's 60 min of Body Sculpting and Strengthening exercises followed by 30 minutes of Cardio Drills on the Step.

**Mid-Tempo Cardio:** You will use weights, balls, bands, mats and more to strengthen your body, become more balanced and flexible in this mid-tempo class.

**Pilates Plus:** Consists of 30 minute standing segment with low impact movement, strength, and balance using weights, tubing, and

balls. The last 30 minutes of the class is a mat set focusing on Pilates movements that emphasize core stability and strength.

**Pilates:** Based on the methods of Joseph Pilates, this class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises.

**Vinyasa Yoga:** Our 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.

**Silver Sneakers Level 2:** We've removed the chair and picked up the pace just a bit for those of you looking for a little bit more challenging Silver Sneakers MSROM class.

**Silver Sneakers Cardio:** It's back! This mid-tempo class is designed to improve your cardiovascular fitness, coordination and over-all wellbeing

**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!

## HIGHER INTENSITY

**Anything Goes:** The title says it all! Be prepared for anything when you walk through the doors for this class. With influences from cross-training, kickboxing, and strength training, this is a great class to try something new!

**Boot Camp:** Turn your body into a fat burning furnace with cardiovascular conditioning and plyometric drills. Improve your agility, balance, core strength and flexibility while your body is power training and burning fat.

**Butts & Guts:** The exercises done in this class change from week to week but they all focus on two specific body parts, your legs and Abs.

**Cardio Dance:** This all cardio class has something for everyone with a combination of dance and traditional cardio moves in a format that can go high, low, or in between and music that brings you the best of world rhythms and classic hits to keep you moving.

**Cross Conditioning:** A total body workout based on constantly varied functional fitness performed at a high intensity. Feel like an athlete with this circuit style class.

**HIT 2B FIT:** Throw on the gloves for this exhilarating form of kick boxing utilizing contact with pads and bags.

**H.I.I.T (High Intensity Interval Training):**

**Strength HIIT:** workout, designed to improve strength and build lean muscle. This workout uses barbells and body weight exercises to blast all muscle groups.

**Plyo& Agility HIIT:** This is an Anaerobic Threshold Training workout with a HIIT format. You will be using plyometric and agility moves to improve bone density, power, strength, speed and agility

**Kick Boxing:** Jab, punch and kick your way to your most fit body ever. This high energy class will get you pumped up and toned up in no time.

**Strength Training:** Looking for the class to get you to that next level of fitness? Look no further! Complete your fitness routine with this class dedicated to resistance training.

**Tabata Intervals:** High intensity interval training which combines 20 second bursts followed by 10 second rest periods. Benefits will improve the aerobic and anerobic systems as well as strength conditioning.

**Triple Threat:** Incorporate powerful and explosive movements with cardio drills, then follow up with compound movements for some insanely effective intervals!

**Total Body Conditioning:** Total Body Conditioning uses Weights, Tubing, Body Bars etc. We work both upper & lower body together to give you a great Cardio workout.

**Tread Intervals:** Mix up your cardio routine with this half hour class constructed of intervals on the treadmill. Great for runners in the cold weather!

**TRX:** The TRX Suspension Trainer is a workout system that leverages gravity and your body weight to perform hundreds of exercises. You're in control of how much you want to challenge yourself on each exercise.

## SPRING INTO ACTION!

Gentle Yoga & Yoga Basics are a great option for seniors looking to improve flexibility, mobility, and peace of mind.

## WHAT'S NEW

### KETTLEBELL TRAINING +

Designed for those that have taken the Kettlebell Training program, this class utilizes previously learned skills paired with various forms of functional movement to deliver the best workout of your week!