



WESTERLY-PAWCATUCK BRANCH  
**WELLNESS  
 CLASS  
 SCHEDULE**

**MONDAY:**

- 5:30-6:15am (SB) **STRENGTH TRAINING**  
w/ Mary Ellen
- 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/ Jenn
- 9:15-10:15am (SA) **VINYASA YOGA** w/ Polly
- 9:15-10:00am (SB) **POUND** w/Nichole
- 9:00-10:00am (G) **TOTAL BODY  
CONDITIONING** w/ Diane
- 10:30-11:30am (SA) **GENTLE PILATES** w/ Polly
- 10:30-11:30am (SB) **ZUMBA** w/ Tina
- 4:15-5:15pm (SB) **TRX STRENGTH** w/ Martha
- 5:30-6:30pm (SA) **BODY SCULPT** w/ Sarah
- 5:30-6:15pm (SB) **CARDIO KICKBOXING** w/  
Jenny

**TUESDAY:**

- 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
- 8:00-9:00am (G) **SILVER SNEAKERS L2**  
w/ Cheryl
- 8:15-9:00am (SB) **ANYTHING GOES** w/Diane/Tara
- 9:15-10:15am (SA) **ZUMBA** w/Julie
- 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/ Sarah
- 10:30-11:30am (G) **SILVER SNEAKERS L1**  
w/ Kathleen
- 10:30-11:30am (SB) **SILVER SNEAKERS L2**  
w/ Polly
- 4:00-4:30 pm (SB) **TRX EXPRESS** w/ Mary Ellen
- 4:35-5:20 pm (SA) **PILATES PLUS** w/ Mary  
Ellen
- 5:30-6:30 pm (SA) **CORE & MORE** w/ Stacey
- 5:30-6:30pm (SB) **STEP & SCULPT** w/ Audrey

**WEDNESDAY:**

- 5:30-6:15am (SB) **HIIT STRENGTH** w/ Emily
- 7:00-7:45am (SB) **STRETCH & GO** w/ Gerry
- 8:00-9:00am (SA) **PIYO** w/ Polly
- 8:00-8:45am (G) **SILVER SNEAKERS CARDIO**  
w/ Gerry
- 8:00-8:30 am (SB) **AB/CORE** w/Kathleen
- 8:45-9:45 am (SB) **ZUMBA** w/Donna
- 9:15-10:15am (SA) **VINYASA YOGA** w/ Connie
- 9:15-10:15am (G) **BODY SCULPT** w/ Polly
- 9:15-10:15am (90 High St.) **CHAIR YOGA**  
w/ Pamala
- 10:30-11:30am (90 High St.) **CHAIR YOGA**  
w/ Pamala
- 10:30-11:30am (SA) **YOGA BASICS** w/ Connie
- 10:30-11:30am (SB) **CLUB VIBE** w/ Tina
- 3:00-3:50pm (\$) (SB) **KIDS BOOT CAMP**
- 5:30-6:30pm (SB) **MIDTEMPO CARDIO** w/ Jenny
- 5:15-6:15pm (SA) **VINYASA YOGA** w/ Sheri
- 6:30-7:30pm (SA) **ZUMBA** w/ Julie
- 6:30-7:30pm (SB) **STRENGTH TRAINING**  
w/ Jenny

**THURSDAY:**

- 5:30-6:15am (SB) **BOOTCAMP** w/ Jenny
- 7:00-7:45am (SA) **MAT & MUSCLE** w/Jenny
- 7:00-7:45am (SB) **TRX** w/ Kathleen
- 8:00-9:00am (SA) **BARRE** w/ Tina
- 8:00-9:00am (G) **SILVER SNEAKERS L2**  
w/ Gerry
- 8:15-9:00am (SB) **BUTTS &GUTS** w/ Trish
- 9:15-9:45am (SA) **AB LAB!** w/ Polly
- 9:15-10:15am (SB) **KICK BOXING** w/ Annalisa
- 9:15-10:15am (G) **SILVER SNEAKERS L1**  
w/ Nichole
- 10:30-11:45am (SA) **GENTLE YOGA &  
MEDITATION** w/ Sue
- 10:30-11:30am (G) **SILVER SNEAKERS L1**  
w/ Annalisa
- 10:30-11:30am (SB) **SILVER SNEAKERS L2**  
w/ Jenn
- 4:15-5:15pm (SA) **PILATES PLUS** w/ Stacey
- 5:30-6:15pm (SA) **YOGA CORE AND MORE** w/  
Sarah
- 5:30-6:15pm (SB) **ULTIMATE CONDITIONING**  
w/ Donna
- 6:30-7:30pm (SB) **BOOT CAMP** w/ Jenny

**FRIDAY:**

- 6:30-7:15am (SA) **CROSS CONDITIONING** w/ Jenn
- 7:00-7:45am (SB) **STRETCH & GO** w/ Gerry
- 7:50-8:30am (SB) **ZUMBA** w/ Gerry
- 8:00-9:00am (SA) **MAT & MUSCLE** w/ Jenny
- 8:00-9:00am (G) **SILVER SNEAKERS CARDIO**  
w/ Polly
- 9:15-10:15am (SA) **VINYASA YOGA** w/ Connie
- 9:00-10:15am (SB) **ZUMBA** w/ Tina
- 9:15-10:15am (G) **SCULPT/STRENGTH** w/ Polly
- 10:30-11:30am (SA) **GENTLE YOGA** w/ Connie
- 10:30-11:15am (SB) **PUNCHING 4 PARKINSON'S  
CROSS CONDITIONING**  
w/ Jenn
- 6:35-7:35pm (SB) **FAMILY TAEKWONDO**  
w/ Andrew

**SATURDAY:**

- 7:00-8:15am (SA) **VINYASA YOGA** w/ Sarah
- 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

**SUNDAY:**

- 8:30-9:30am (SB) **CARDIO SCULPT** w/ Jenny
- 9:00-10:15am (SA) **VINYASA YOGA** w/ Sarah
- 9:45-10:45am (SB) **ZUMBA** w/ Julie
- 10:00-11:30am (90 High St.) **MINDFULNESS YOGA**
- 11:45-12:30pm (90 High St.) **GUIDED MEDITATION**  
w/ Pamala

**SUMMER TERM II  
 JULY 30- AUGUST 26  
 2018**

SA =Studio A CM= Community Room SB =Studio B  
 G = Gymnasium \$ = Paid Class  
 RED indicates a change in the schedule  
 GREEN indicates a Registered or Advanced Sign Up  
 class

Updated 07/27/2018  
 Schedule is subject to change

# CLASS DESCRIPTIONS

## LOWER INTENSITY

**Barre/Barre Blend:** This 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/Yoga Core and More** 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 while creating body awareness.

## COMMUNITY YOGA

The Westerly Y is hosting a FREE community Yoga class on the third Saturday of every month at 11:00am. Fellowship and healthy food will follow the event.

Contact Ntenner@oceancommunityymca.org for details

## SMALL GROUP TRAINING

Personal Training is taken to a new level with the group option! Gather two or three of your friends for a cost effective method to personalized training!

## 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.

**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!

**PiYo / Mat & Muscle:** Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout.

**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.

**POUND:** Channel your inner rock star with this full-body cardio-jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

**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.

**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.

**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.

**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.

**FIT BOXING:** 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.

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

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

**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.