

Wellness Classes

WINTER TERM January 2nd-February 26th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength Training Mary Ellen 5:30-6:15 AM	TRX Kathleen 7:00-7:45 AM	HIIT Strength Emily 6:00-6:45 AM		TRX Mary Ellen 5:30-6:15 AM	Vinyasa Yoga Sarah 7:00-8:15 AM	Cardio Sculpt Jenny 8:30-9:30 AM
Stretch & Go Gerry 7:00-7:45 AM	Vinyasa Yoga Cortney 7:00-7:45 AM	Stretch & Go Gerry 7:00-7:45 AM	Mat & Muscle Jenny 7:00-7:45 AM	Cross Conditioning Jenn 6:30-7:15 AM	Barre Sarah 8:30-9:30 AM	Vinyasa Yoga Sarah 9:00-10:15 AM
ZUMBA Gerry 7:45-8:30 AM	Barre Polly 8:00-9:00 AM	Bootcamp Tara 8:15-9:00 AM	TRX Kathleen 7:00-7:45 AM	Stretch & Go Gerry 7:00-7:45 AM	Step & Sculpt Audrey 8:30-9:30 AM	ZUMBA Julie 9:45-10:45 AM
Barre Polly 8:00-9:00 AM	L2 - Gerry ★	Cardio - Gerry ★	Barre Tina 8:00-9:00 AM	ZUMBA Gerry 7:45-8:30 AM	Pilates Stacey 9:45-10:45 AM	
Cardio - Jenn ★	Anything Goes Jenny 8:15-9:00 AM	Tai Chi ★ Onassis 9:15-10:15 AM	L2 - Michele ★	Mat & Muscle Jenny 8:00-9:00 AM	ZUMBA Tina/Julie 9:45-10:45 AM	
Vinyasa Yoga Polly 9:15-10:15 AM	Boot Camp Trish 9:15-10:15 AM	Vinyasa Yoga Connie 9:15-10:15 AM	Butts & Guts Trish 8:15-9:00 AM	★ Polly 8:00-9:00 AM		
Tai Chi ★ Onassis 9:15-10:15 AM	L1 - Michele ★	Body Sculpt Polly 9:15-10:15 AM	AB LAB! Polly 9:15-9:45 AM	Vinyasa Yoga Connie 9:15-10:15 AM	Studio A	
Total Body Conditioning Diane 9:15-10:15 AM	Gentle Yoga Dino 10:30-11:30 AM	Chair Yoga Alice 9:15-10:15 AM	Kickboxing Annalisa 9:15-10:15 AM	ZUMBA Tina 9:00-10:15 AM		
Gentle Pilates Polly 10:30-11:30 AM	L1 - Michele ★	Chair Yoga Alice 10:30-11:30 AM	L1 - Michele ★	Sculpt & Strength Polly 9:15-10:15 AM	Gymnasium	
ZUMBA Tina 10:30-11:30 AM	L2 - Polly ★	Yoga Basics Connie 10:30-11:30 AM	Gentle Yoga/Meditation Sue 10:30-11:45 AM	Gentle Yoga Connie 10:30-11:30 AM		
TRX Martha 4:15-5:15 PM	Guided Meditation Dino 11:30-12:00 PM	ZUMBA Tina 10:30-11:30 AM	★ L1 - Annalisa 10:30-11:30 AM	Punching for Parkinson's ★ 10:30-11:15		
Body Sculpt Sarah 5:30-6:20 PM	TRX Mary Ellen 4:00-4:30 PM	Youth Yoga Sarah 4:15-5:00 PM	★ L2 - Jenn 10:30-11:30 AM	ZUMBA Kelly 4:30-5:30 PM		
Cardio Kickboxing Jenny 5:30-6:15 PM	Pilates Plus Mary Ellen 4:35-5:20 PM	Midtempo Cardio Jenny 5:30-6:30 PM	Pilates Plus Stacey 4:15-5:15 PM	Cross Conditioning Jenn 5:45-6:30 PM		
Yoga Basics Dino 6:30-7:30 PM	ZUMBA Julie 5:30-6:30 PM	Vinyasa Yoga Sheri 5:15-6:15 PM	Barre Stacey 5:30-6:15 PM	Family Taekwondo Andrew 6:35-7:35 PM		
	Step & Sculpt Audrey 5:30-6:30 PM	ZUMBA Julie 6:30-7:30 PM	POUND Sarah 5:30-6:15 PM			
		Strength Training 6:30-7:30 PM Jenny	Boot Camp 6:30-7:30 PM Jenny		For any questions regarding the group exercise classes, please contact (401) 596-2894	

★ Registration required program

Ocean Community YMCA
95 High Street Westerly, RI 02891
P: (401) 596-2894

LOWER INTENSITY

Barre: 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 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.

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.

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

Step & Sculpt: Cross training class combining strength workouts with a heart pumping aerobics routines! Great for a variety of fitness levels!

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!

HIGH 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 machine 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: This class focuses on training all major muscle groups of the lower body and abdominals! Class will utilize strength equipment and cardio movements!

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.

H.I.I.T (High Intensity Interval Training): workout, designed to improve strength and build lean muscle. This workout uses barbells and body weight exercises to blast all muscle groups.

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.

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.

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.

Ultimate Conditioning: Engage your entire body in this high energy conditioning class! Workouts are a combination of strength training and cardio! You will build lean muscle and endurance!