

## Westerly/Pawcatuck Branch - Wellness Class Schedule

### Spring I Session - February 25-April 21, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:15 AM Strength Training Mary Ellen (SA)	5:30 - 6:15 AM Cross Conditioning Natascia (SB)	6:00 - 6:45 AM HIIT Strength Emily (SB)	5:30 - 6:15 AM Strength Training Mary Ellen (SB)	5:30 - 6:15 AM Cross Conditioning Natascia (SB)	7:00 - 8:15 Vinyasa Yoga Sarah (SA)	8:30 - 9:30 AM Cardio Sculpt Jenny (SB)
7:00 - 7:45 AM Stretch & Go Gerry (SB)	7:00 - 7:45 AM TRX Kathleen (SB)	7:00 - 7:45 AM Stretch & Go Gerry (SB)	7:00 - 7:45 AM TRX Kathleen (SB)	7:00 - 7:45 AM Stretch & Go Gerry (SB)	8:30 - 9:30 AM Barre Sarah (SA)	9:00 - 10:00 AM Vinyasa Yoga Sarah (SA)
7:45 - 8:30 AM ZUMBA Gerry (SB)	7:00 - 7:45 AM Vinyasa Yoga Cortney (SA)	8:00 - 8:45 AM Silver Sneakers C Gerry (G)	7:45 - 8:45 AM Silver Sneakers L2 Gerry (G)	7:45 - 8:30 AM ZUMBA Gerry (SB)	8:30 - 9:30 AM Step & Sculpt Jenny (SB)	10:00 - 11:00 AM ZUMBA Julie (SB)
8:00 - 9:00 AM Barre Polly (SA)	8:00 - 8:45 AM Silver Sneakers L2 Gerry (G)	8:00 - 9:00 AM Barre Polly (SA)	8:00 - 9:00 AM Barre Tina (SA)	8:00 - 9:00 AM Mat & Muscle Jenny (SA)	9:45 - 10:45 AM Pilates Stacey (SA)	
8:00 - 8:45 AM Silver Sneakers C Jenn (G)	8:00 - 9:00 AM Pilates Plus Polly (SA)	8:15 - 9:00 AM Boot Camp Tara (SB)	8:15 - 9:00 AM Butts & Guts Trish (SB)	8:00 - 9:00 AM Silver Sneakers C Polly (G)	9:45 - 10:45 AM ZUMBA Tina / Julie (SB)	
9:15 - 10:15 AM Vinyasa Yoga Polly (SA)	8:15 - 9:00 AM Anything Goes Jenny (SB)	9:15 - 10:15 AM Tai Chi Onassis (SB)	9:15 - 9:45 AM AB LAB Polly (SA)	9:15 - 10:15 AM Vinyasa Yoga Connie (SA)	11:00 - 2:00 PM Ballet* Emma (SA)	
9:15 - 10:15 AM Tai Chi Onassis (SB)	9:15 - 10:15 AM Boot Camp Trish (SB)	9:15 - 10:15 AM Vinyasa Yoga Connie (SA)	9:15 - 10:15 AM Kickboxing Annalisa (SB)	9:00 - 10:15 AM ZUMBA Tina (SB)	*11:00 - 11:45 AM* *11:50 - 12:50 PM* *12:50 - 1:50 PM*	
9:15 - 10:15 AM TotalBody Conditioning Diane (G)	9:15 - 10:15 AM Silver Sneakers L1 Michele (G)	9:15 - 10:15 AM Body Sculpt Polly (G)	9:15 - 10:15 AM Silver Sneakers L1 Tina (G)	9:15 - 10:15 AM Sculpt & Strength Polly (G)	★ Indicates Advanced Registration Required	
10:30 - 11:30 AM Gentle Pilates Polly (SA)	10:30 - 11:30 AM Gentle Yoga Dino (SA)	9:15 - 10:15 AM Chair Yoga Alice (90H)	10:30 - 11:45 AM Gentle Yoga/Meditation Sue (SA)	10:30 - 11:30 AM Gentle Yoga Connie (SA)	(SA) = Studio A (SB) = Studio B (G) = Gymnasium (90H) = 90 High St.	
10:30 - 11:30 AM ZUMBA Tina (SB)	10:30 - 11:30 AM Silver Sneakers L1 Michele (G)	10:30 - 11:30 AM Chair Yoga Alice (90H)	10:30 - 11:30 AM Silver Sneakers L1 Annalisa (G)	10:30 - 11:15 AM Punching for Parkinson's Polly (SB)	Beginner - Moderate - Advanced	
4:15 - 5:15 PM TRX w/ Strength Martha (SB)	10:30 - 11:30 AM Silver Sneakers L2 Polly (SB)	10:30 - 11:30 AM Yoga Basics Connie (SA)	10:30 - 11:30 AM Silver Sneakers L2 Jenn (SB)	4:15 - 5:15 PM Pre-Dance Trish (SA)	PERSONAL TRAINING A training method specifically designed for your goals! Fill out an inquiry form to meet with one of our knowledgeable personal trainers to create structured workouts!	
5:30 - 6:20 PM Body Sculpt Sarah (SA)	11:30 - 12:00 PM Guided Meditation Dino (SA)	10:30 - 11:30 AM ZUMBA Tina (G)	4:15 - 5:15 PM Pilates Plus Stacey (SA)	4:30 - 5:30 PM ZUMBA Kelly (SB)		
5:30 - 6:15 PM Cardio Kickboxing Jenny (SB)	4:00 - 4:30 AM TRX Mary Ellen (SB)	4:30 - 5:15 PM Pre-Ballet Emma (SA)	5:30 - 6:30 PM Barre Stacey (SA)	5:45 - 6:30 PM Cross Conditioning Emily (SB)	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 personal training!	
6:30 - 7:30 PM Gentle Yoga Dino (SA)	4:35 - 5:20 PM Pilates Plus Mary Ellen (SA)	5:15 - 6:15 PM Vinyasa Yoga Sheri (SA)	5:30 - 6:15 PM POUND Sarah (SB)	6:35 - 7:35 PM Family Taekwondo Andrew (SB)		
6:45 - 8:00 PM Salsa & Swing Mike (SB)	5:30 - 6:30 PM ZUMBA Julie (SA)	5:30 - 6:30 PM Midtempo Cardio Jenny (SB)	6:30 - 7:30 PM Boot Camp Jenny (SB)		Ocean Community YMCA 95 High Street Westerly, RI 02891	
	5:30 - 6:25 PM Step & Sculpt Jenny (SB)	6:30 - 7:30 PM ZUMBA Julie (SA)	7:30 - 8:30 PM Adult Hip-Hop TBD (SA)			
	6:35 - 7:20 PM Cross Conditioning Emily (SB)	6:30 - 7:30 PM Strength Training Jenny (SB)				
	7:15 - 8:15 PM Hip-Hop Dan (SA)				For any questions regarding the group exercise classes, please Jordan Murphy at (401) 596-2894 or jmurphy@oceancommunityymca.org	

## 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:** 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 - L1:** 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

**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 Chair 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 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 - L2:** 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 - C:** 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 / Cardio KB:** 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. (Strength class w/Martha includes weights)

**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!