



Group Exercise Schedule
Naik Family Branch YMCA
 June 20th - August 21st

1 Harry Austin Drive
 Mystic, CT 06355
 (860) 536-3575

| | MON | TUE | WED | THU | FRI | SAT | SUN |
|-------------|---|--|--|--|---|---|--|
| 5am | Indoor Cycle Spin Studio Tim T 5:15am - 6am | | Indoor Cycle Spin Studio Amanda L 5:15am - 6am | | Indoor Cycle Spin Studio Amanda L 5:15am - 6am | | |
| 6am | | Body Sculpt Wellness Studio Sandy W 6am - 6:45am | | | Pilates Yoga Studio Kyla A 6am - 6:45am | | |
| 7am | | Indoor Cycle Spin Studio Kyla A 7am - 7:45am | Pilates Yoga Studio Kyla A 7am - 7:45am | Indoor Cycle Spin Studio Kyla A 7am - 7:45am | | Sculpt & Cycle Spin Studio Anna G 7am - 7:45am | |
| 8am | Indoor Cycle Spin Studio Billi-Jean K 8am - 8:45am | Vinyasa Yoga Yoga Studio Janice F 8am - 9:15am | Senior Wellness (class located in gymnasium) Wellness Studio Marion D 8am - 8:45am | TRX Circuit Wellness Studio Anna G 8am - 8:45am | Senior Wellness (class located in gymnasium) Wellness Studio Rachael H 8am - 8:45am | Vinyasa Flow Yoga Studio Jasmine F 8am - 9:15am | Body Sculpt Wellness Studio Kyla A 8am - 8:45am |
| | Senior Wellness (class located in gymnasium) Wellness Studio Marion D 8am - 8:45am | | | Vinyasa Yoga Yoga Studio Jasmine F 8:30am - 9:30am | Core & More Wellness Studio Billi-Jean K 8am - 8:45am | TRX Circuit Wellness Studio Anna G 8am - 8:45am | |
| 9am | Barre Wellness Studio Yolla E 9am - 9:45am | Cardio Strength (class located in gymnasium) Wellness Studio Marion D 9am - 10am | Step (class located in gymnasium) Wellness Studio Marion D 9am - 10am | Total Body (class located in gymnasium) Wellness Studio Yolla E 9am - 9:45am | Zumba (class located in gymnasium) Wellness Studio Donna . 9am - 10am | TRX Circuit Wellness Studio Sandy W 9am - 9:45am | Vinyasa Yoga Yoga Studio Rachne T 9am - 10:15am |
| | | Gentle Yoga Yoga Studio Janice F 9:30am - 10:30am | Indoor Cycle Spin Studio Bill P 9am - 9:45am | | Barre Wellness Studio Yolla E 9am - 9:45am | Indoor Cycle Spin Studio Bill P 9am - 9:45am | Indoor Cycle Spin Studio Kyla A 9am - 9:45am |
| | | | | | | Pilates Yoga Studio Jen P 9:30am - 10:15am | |
| 10am | Stretch Yoga Studio Anna G 10am - 10:45am | Abs & Arms (class located in gymnasium) Wellness Studio Yolla E 10:15am - 11am | Balletone Wellness Studio Rachael H 10:15am - 11:15am | Stretch Yoga Studio Yolla E 10am - 10:45am | Gentle Yoga Yoga Studio Jasmine F 10am - 11:15am | Muscle Sculpt Wellness Studio Sandy W 10am - 10:30am | Zumba (class located in gymnasium) Wellness Studio Rachael H 10:30am - 11:30am |
| | Tai Chi (class located in community room) Wellness Studio Onassis P 10:30am - 11:30am | | Tai Chi Yoga Studio Onassis P 10:30am - 11:30am | | Indoor Cycle Spin Studio Stacey O 10am - 10:45am | Zumba (class located in gymnasium) Wellness Studio Josh . 10am - 11am | |
| | | | | | Balletone Wellness Studio Rachael H 10:15am - 11:15am | | |

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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| 11am | | Pilates Yoga Studio Yolla E 11:15am - 12pm | | Yin/Restorative Yoga Yoga Studio Annie C 11am - 12pm | | | |
| 4pm | Sculpt & Cycle Spin Studio Billi-Jean K 4:30pm - 5:30pm | Boot Camp Wellness Studio Billi-Jean K 4:30pm - 5:15pm | | Conditioning Wellness Studio Anna G 4:30pm - 5:15pm | | | |
| | | | | Indoor Cycle Spin Studio Billi-Jean K 4:30pm - 5:15pm | | | |
| 5pm | Baptiste Yoga Yoga Studio Annie C 5:30pm - 6:45pm | Pilates Yoga Studio Stacey O 5:30pm - 6:15pm | Core & More Wellness Studio Billi-Jean K 5pm - 5:45pm | Basic Yoga Yoga Studio Billi-Jean K 5:30pm - 6:30pm | | | |
| | | Indoor Cycle Spin Studio Billi-Jean K 5:30pm - 6:15pm | Zumba (class located in gymnasium) Wellness Studio Kelly D 5:30pm - 6:30pm | | | | |

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Class Descriptions Naik Family Branch YMCA

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Abs & Arms (class located in gymnasium) - A combo class that focuses on toning your upper body with weighted sculpt exercises.

Balletone - Balletone™ takes influences from Pilates through centering and flowing transitions that are gentle and slow, with no jarring movements. Additionally, Balletone™ fuses the best of fitness through movement in multiple planes.

Baptiste Yoga - A hot power yoga class developed by Baron Baptiste. It is focused on asana (poses), meditation and self-inquiry and is intended to be adaptable to any level of physical fitness.

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.

Basic Yoga - The routine practice of yoga can increase muscle strength, endurance and flexibility, and reduce levels of stress while creating body awareness.

Body Sculpt - A total body class using weights, tubing, body bars, etc.. We work both upper and lower body together to give you a great cardio workout.

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.

Cardio Strength (class located in gymnasium) - Experience a full-body workout that targets the major muscle groups. From circuit-style routines that jump-start cardio fitness to creative muscle-toning exercises using dumbbells, exercise bands, or body weight.

Conditioning - This class is designed to help shed that excess fat while building strength and endurance. This class includes circuit training, cardio exercise, body weight exercises and finishes with core training and stretching for a complete workout.

Core & More - Mat exercises to work on core strength, stability and enhance range of motion, flexibility, balance and muscular strength.

Gentle Yoga - A gentler style of hatha yoga practice. It is performed at a slower pace, with less intense positions, and usually included extended time for meditation, yoga breath work, and relation.

Indoor Cycle - Cycle classes are available to Ocean Community YMCA member free as a benefit of membership. Reservations can be made 24 hour prior to class time by calling/visiting the Welcome Center. Please arrive 10 minutes prior to start. Bikes cannot be held

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.

Sculpt & Cycle - An endurance building workout that also focuses on toning and tightening your major muscle groups. Class rotates between gym and spin studio.

Senior Wellness (class located in gymnasium) - A Total body conditioning class using a chair for seated and standing support. Class builds muscle, strength, range of motion, balance and flexibility. A workout t assist with activities of daily living.

Step (class located in gymnasium) - Designed for all fitness levels. This class is great for everyone and includes basic choreography on step benches and risers to upbeat music.

Stretch - A class that combines core strengthening, muscle toning and flexibility.

Tai Chi - A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It promotes serenity through gentle movements-connecting the body and mind.

Tai Chi (class located in community room) - A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It promotes serenity through gentle movements-connecting the body and mind.

Total Body (class located in gymnasium) - A full body muscle workout focuses on functional strength, core conditioning, and flexibility.

TRX Circuit - Workout is designed to keep you moving quickly from one exercise to the next. Exercise will incorporate the use of the TRX and other tools.

Vinyasa Flow - A yoga class that strings postures together so that you move from one to another seamlessly to achieve a continuous flow at a high intensity.

Vinyasa Yoga - A yoga class that strings postures together so that you move from one to another seamlessly to achieve a continuous flow.

Yin/Restorative Yoga - A slow moving class, that you will rarely stand up. A combination of restorative and yin poses held from 5 to 15 minutes supported by yoga props. Increase flexibility, boost circulation and reduce stress levels. A yoga philosophy is also taught.

Zumba (class located in gymnasium) - 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!