



Intersession Group Exercise Schedule Week 1
Naik Family Branch YMCA
 August 22nd - August 28th

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	Core & More Wellness Studio Billi-Jean K 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		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	Barre Wellness Studio Yolla E 9am - 9:45am	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			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	
	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		
					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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	MON	TUE	WED	THU	FRI	SAT	SUN
11am				Yin/Restorative Yoga Yoga Studio Annie C 11am - 12pm			
4pm		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.

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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.

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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!