



Intersession Group Exercise Schedule Week 2

Naik Family Branch YMCA

August 29th - September 5th

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		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
				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	Gentle Yoga Yoga Studio Janice F 9:30am - 10:30am	Indoor Cycle Spin Studio Bill P 9am - 9:45am			TRX Circuit Wellness Studio Sandy W 9am - 9:45am	Vinyasa Yoga Yoga Studio Rachne T 9am - 10:15am
						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		Balletone Wellness Studio Rachael H 10:15am - 11:15am	Stretch Yoga Studio Anna G 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		Balletone Wellness Studio Rachael H 10:15am - 11:15am		
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			

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.



Interession Group Exercise Schedule Week 2
Naik Family Branch YMCA
August 29th - September 5th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
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					

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.



Class Descriptions Naik Family Branch YMCA

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

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.

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.

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.

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.