



Naik Family Branch YMCA  
April 12th - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	<b>Indoor Cycle</b> Spin Studio Tim T 5:15am - 6am		<b>Indoor Cycle</b> Spin Studio Amanda L 5:15am - 6am		<b>Indoor Cycle</b> Spin Studio Amanda L 5:15am - 6am		
6am		<b>Body Sculpt</b> Wellness Studio Sandy W 6am - 6:45am			<b>Pilates</b> Yoga Studio Kyla A 6am - 6:45am		
7am		<b>Indoor Cycle</b> Spin Studio Kyla A 7am - 7:45am	<b>Pilates</b> Yoga Studio Kyla A 7am - 7:45am	<b>Indoor Cycle</b> Spin Studio Kyla A 7am - 7:45am		<b>Sculpt &amp; Cycle</b> Spin Studio Anna G 7am - 7:45am	
8am	<b>Indoor Cycle</b> Spin Studio Billi-Jean K 8am - 8:45am	<b>Vinyasa Yoga</b> Yoga Studio Janice F 8am - 9:15am	<b>Pound - Drumstick Fitness</b> Yoga Studio Desiree Peak 8am - 8:45am	<b>TRX Circuit</b> Wellness Studio Anna G 8am - 8:45am	<b>Senior Wellness (class located in gymnasium)</b> Wellness Studio Rachael H 8am - 8:45am	<b>Vinyasa Flow</b> Yoga Studio Jasmine F 8am - 9:15am	<b>Body Sculpt</b> Wellness Studio Kyla A 8am - 8:45am
	<b>Senior Wellness (class located in gymnasium)</b> Wellness Studio Marion D 8am - 8:45am		<b>Senior Wellness (class located in gymnasium)</b> Wellness Studio Marion D 8am - 8:45am	<b>Vinyasa Yoga</b> Yoga Studio Tamsy Markham 8:30am - 9:45am	<b>Core &amp; More</b> Wellness Studio Billi-Jean K 8am - 8:45am	<b>TRX Circuit</b> Wellness Studio Anna G 8am - 8:45am	
	<b>Physiyoga</b> Yoga Studio Chelsea H 8am - 9am						
9am	<b>Barre</b> Wellness Studio Jasmine F 9am - 9:45am	<b>Cardio Strength (class located in gymnasium)</b> Wellness Studio Marion D 9am - 10am	<b>Step (class located in gymnasium)</b> Wellness Studio Marion D 9am - 10am	<b>Total Body (class located in gymnasium)</b> Wellness Studio Anna G 9am - 9:45am	<b>Barre</b> Wellness Studio Rachael H 9am - 9:45am	<b>TRX Circuit</b> Wellness Studio Sandy W 9am - 9:45am	<b>Indoor Cycle</b> Spin Studio Kyla A 9am - 9:45am
		<b>Gentle Yoga</b> Yoga Studio Janice F 9:30am - 10:30am	<b>Indoor Cycle</b> Spin Studio Bill P 9am - 9:45am		<b>Zumba (class located in gymnasium)</b> Wellness Studio Donna . 9:15am - 10:15am	<b>Indoor Cycle</b> Spin Studio Bill P 9am - 9:45am	<b>Ayurveda-inspired Yoga</b> Yoga Studio Rachna T 9am - 10:15am
						<b>Pilates</b> Yoga Studio Jen P 9:30am - 10:15am	
10am	<b>Stretch</b> Yoga Studio Anna G 10am - 10:45am	<b>Abs &amp; Arms (class located in gymnasium)</b> Wellness Studio Billi-Jean K 10:15am - 11am	<b>Pilates/Stretch</b> Yoga Studio Anna G 10am - 10:45am	<b>Stretch</b> Yoga Studio Anna G 10am - 10:45am	<b>Gentle Yoga Foundations</b> Yoga Studio Jasmine F 10am - 11:15am	<b>Muscle Sculpt</b> Wellness Studio Sandy W 10am - 10:30am	
	<b>Tai Chi (class located in community room)</b> Wellness Studio Onassis P 10:30am - 11:30am		<b>Balletone</b> Wellness Studio Rachael H 10:15am - 11:15am		<b>Balletone</b> Wellness Studio Rachael H 10:15am - 11:15am	<b>Zumba (class located in gymnasium)</b> Wellness Studio Josh . 10am - 11am	

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
			<b>Tai Chi (class located in community room)</b> Wellness Studio Onassis P 10:30am - 11:30am				
<b>11am</b>	<b>Body Sculpt</b> Wellness Studio Steve P 11am - 11:45am	<b>H.I.I.T. strength</b> Wellness Studio Steve P 11am - 11:45am		<b>Yin/Restorative Yoga</b> Yoga Studio Annie C 11am - 12pm		<b>Power Yoga</b> Yoga Studio Tamsy Markham 11am - 12:15pm	<b>Power Yoga</b> Yoga Studio Tamsy Markham 11am - 12:15pm
<b>12pm</b>					<b>Hour of Power</b> Yoga Studio Tamsy Markham 12pm - 1pm		
<b>4pm</b>		<b>Boot Camp</b> Wellness Studio Billi-Jean K 4:30pm - 5:15pm		<b>Conditioning</b> Wellness Studio Anna G 4:30pm - 5:15pm			
				<b>Indoor Cycle</b> Spin Studio Billi-Jean K 4:30pm - 5:15pm			
<b>5pm</b>	<b>Fusion</b> Wellness Studio Anna G 5pm - 5:45pm	<b>Pilates</b> Yoga Studio Stacey O 5pm - 5:45pm	<b>Core &amp; More</b> Wellness Studio Steve P 5pm - 5:45pm	<b>Barre</b> Wellness Studio Rachael H 5:30pm - 6:15pm	<b>Meditative Pilates</b> Yoga Studio Vanessa G 5:30pm - 6:15pm		
	<b>Baptiste Yoga</b> Yoga Studio Annie C 5:30pm - 6:45pm	<b>Indoor Cycle</b> Spin Studio Jen P 5:30pm - 6:15pm	<b>Zumba (located in Community Room)</b> Wellness Studio Kelly D 5:30pm - 6:30pm				
<b>6pm</b>		<b>Vinyasa Yoga</b> Yoga Studio Jasmine F 6pm - 7:15pm	<b>Ayurveda-inspired Yoga</b> Yoga Studio Rachna T 6pm - 7:15pm	<b>Yoga &amp; More</b> Yoga Studio Jasmine F 6pm - 7:15pm			

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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.

**Ayurveda-inspired Yoga** - Shift in seasons can cause imbalance in our dosha; the structure of class will change accordingly to pacify the dosha: We will perform a blend of synergy between Ayurveda and Yoga: postures, breath control, meditation, relaxation, and sacred sounds.

**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 ensures that no muscle is overlooked. With a combination of functional strength, the core conditioning of Pilates, and the flexibility of yoga.

**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.

**Fusion** - This hybrid class fuses several different workouts into one combining both cardio movements and sculpting to make your body feel stronger. A combination of high energy cardio and muscle toning in a total body workout.

**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.

**Gentle Yoga Foundations** - An all levels class designed to teach body alignment, balance, yoga postures to gain strength and flexibility. Different props will be used including blocks, blankets, chairs and wall to help achieve support. Towel required. Warm-room temperature.

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

**Hour of Power** - The yogic principles of focus, breath, core foundation, and flow, are taught in a fun and encouraging atmosphere. The room is warm, making it a vigorous and rejuvenating form of fitness. Some yoga experience is helpful, but not needed.

**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

**Meditative Pilates** - Cultivate strength and flexibility through the practice of meditative pilates. Learn to breathe with awareness and move with mindfulness. Through this slow, focused movement we are able to isolate our effort, creating balance from the inside out.

**Physiyoga** - Physiyoga combines yoga asana with the neuroscience and targeted muscle exercises of a physical therapy practice. This gentler style of yoga will help you tune into your mind/body connection, correct imbalances, and find strength and flexibility.

**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.

**Pilates/Stretch** - This class focuses on building core strength and creating a more flexible and balanced body through non-impact exercises and stretches.

**Pound - Drumstick Fitness** - An empowering, fun, full-body cardio jam session that combines conditioning and strength training with Yoga and Pilates-inspired movements. Using lightly weighted drumsticks you'll sweat, sculpt, and release stress as you ROCK your body and mind!

**Power Yoga** - Power Yoga is a dynamic practice that flows from one pose to the next. Modifications are given for newer students and up-level inspiration for the experienced. The principles of core stabilization, healthy alignment, breathing, and personal awareness

**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 to assist with activities of daily living.



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**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 (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 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.

**Yoga & More** - This class is designed to go to the next level, flowing at times, holding poses, and balance, which can include balls, tubes, as well as dowels and chairs to assist and create increased intensity. Bring water, towel, and small face cloth.

**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!

**Zumba (located in Community Room)** - 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!