



Naik Family Branch YMCA
February 28th - June 30th

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		H.I.I.T. strength Wellness Studio Steve P 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	
		Indoor Cycle Spin Studio Kyla A 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 Tamsy Markham 8:30am - 9:45am	Core & More Wellness Studio Billi-Jean K 8am - 8:45am	TRX Circuit Wellness Studio Anna G 8am - 8:45am	
	Physiyoga Yoga Studio Chelsea H 8am - 9am						
9am	Barre Wellness Studio Jasmine F 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 Anna G 9am - 9:45am	Barre Wellness Studio Rachael H 9am - 9:45am	TRX Circuit Wellness Studio Sandra W 9am - 9:45am	Indoor Cycle Spin Studio Kyla A 9am - 9:45am
		Gentle Yoga Yoga Studio Janice F 9:30am - 10:30am	Indoor Cycle Spin Studio Bill P 9am - 9:45am		Zumba (class located in gymnasium) Wellness Studio Donna . 9:15am - 10:15am	Indoor Cycle Spin Studio Bill P 9am - 9:45am	Yoga Yoga Studio Rachna T 9am - 10:15am
						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 Billi-Jean K 10:15am - 11am	Pilates/Stretch Yoga Studio Anna G 10am - 10:45am	Stretch Yoga Studio Anna G 10am - 10:45am	Gentle Yoga Foundations Yoga Studio Jasmine F 10am - 11:15am	Muscle Sculpt Wellness Studio Sandy W 10am - 10:30am	

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.



Naik Family Branch YMCA
February 28th - June 30th

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

	MON	TUE	WED	THU	FRI	SAT	SUN
	Tai Chi (class located in community room) Wellness Studio Onassis P 10:30am - 11:30am		Balletone Wellness Studio Rachael H 10:15am - 11:15am		Balletone Wellness Studio Rachael H 10:15am - 11:15am	Zumba (class located in gymnasium) Wellness Studio Josh . 10am - 11am	
			Tai Chi (class located in community room) Wellness Studio Onassis P 10:30am - 11:30am				
11am	Body Sculpt Wellness Studio Steve P 11am - 11:45am			Yin/Restorative Yoga Yoga Studio Annie C 11am - 12pm		Power Yoga Yoga Studio Tamsy Markham 11am - 12:15pm	Power Yoga Yoga Studio Tamsy Markham 11am - 12:15pm
12pm					Hour of Power Yoga Studio Tamsy Markham 12pm - 1pm		
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	Fusion Wellness Studio Anna G 5pm - 5:45pm	Pilates Yoga Studio Stacey O 5pm - 5:45pm	Core & More Wellness Studio Steve P 5pm - 5:45pm	Barre Wellness Studio Rachael H 5:30pm - 6:15pm	Meditative Pilates Yoga Studio Vanessa G 5:30pm - 6:15pm		
	Baptiste Yoga Yoga Studio Annie C 5:30pm - 6:45pm	Indoor Cycle Spin Studio Jen P 5:30pm - 6:15pm	Zumba (located in Community Room) Wellness Studio Kelly D 5:30pm - 6:30pm				
			Yoga Yoga Studio Rachna T 5:30pm - 6:45pm				
6pm		Vinyasa Yoga Yoga Studio Jasmine F 6pm - 7:15pm		Yoga & More Yoga Studio Jasmine F 6pm - 7:15pm			

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

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 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.

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.

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,



...at your body is in constant motion. It promotes serenity through gentle movements-connecting the body and mind.

Class Descriptions

Naik Family Branch YMCA

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

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 - This class is designed as an introduction to the practice of yoga. Class is focused on developing clear and safe alignment in foundational poses.

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!