



# Gymnasium @ Naik Family Branch YMCA

March 3rd - April 22nd

1 Harry Austin Drive

Mystic, CT 06355

(860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Pickleball</b> N/A . 6am - 7:45am	<b>Open Gym</b> N/A . 6am - 1:45pm
7am		<b>Pickleball (Beginner)</b> N/A . 7:45am - 8:45am		<b>Pickleball (Beginner)</b> N/A . 7:45am - 8:45am		<b>Pickleball (Beginner)</b> N/A . 7:45am - 8:45am	
8am	<b>Senior Wellness (class located in gymnasium)</b> Marion D 8am - 8:45am		<b>Senior Wellness (class located in gymnasium)</b> Marion D 8am - 8:45am		<b>Senior Wellness (class located in gymnasium)</b> Rachael H 8am - 9am		
9am	<b>Open Gym</b> N/A . 9am - 4pm	<b>Cardio Strength (class located in gymnasium)</b> Marion D 9am - 10am	<b>Step (class located in gymnasium)</b> Marion D 9am - 10am		<b>Zumba (class located in gymnasium)</b> Donna . 9:15am - 10:15am		
10am		<b>Abs &amp; Arms (class located in gymnasium)</b> Billi-Jean K 10:15am - 11am	<b>Pickleball</b> N/A . 10:30am - 12:30pm		<b>Open Gym</b> N/A . 10:30am - 8:45pm	<b>Zumba (class located in gymnasium)</b> Josh . 10am - 11am	
11am		<b>Open Gym</b> N/A . 11:15am - 4:15pm		<b>Open Gym</b> N/A . 11:15am - 4:15pm			
12pm			<b>Open Gym</b> N/A . 12:45pm - 5:15pm			<b>Open Gym- Half court</b> N/A . 12:45pm - 3:45pm	
2pm							<b>Open Gym- Half court</b> N/A . 2pm - 3:45pm
4pm	<b>Open Gym- Half court</b> N/A . 4pm - 6pm	<b>Open Volleyball</b> N/A . 4:30pm - 6:30pm					
5pm			<b>Zumba (class located in gymnasium)</b> Kelly D 5:30pm - 6:30pm	<b>Pickup Basketball</b> N/A . 5:45pm - 8:45pm			
6pm	<b>Pickup Basketball</b> N/A . 6pm - 8:45pm	<b>Open Gym- Half court</b> N/A . 6:30pm - 8:45pm	<b>Pickup Basketball</b> N/A . 6:45pm - 8:45pm				

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

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

**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.

**Pickleball** - ages 18+

**Pickup Basketball** - Ages 14+

**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.

**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!