



Class Descriptions Fall 2011 Westport Weston Family Y

15 minute Abs: If time is a factor, try our 15 minute class targeting the core muscles.

15 minute Yoga Stretch: Basic Yoga stretches to improve your flexibility.

30 minute Stretch: Increase your flexibility and loosen up those joints.

Align and Stretch: With proper muscle and joint alignment, you'll find relief from the daily stresses caused by repetitive movement and muscle imbalance.

Ballet Barre Workout: Traditional Ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding will help the beginner through advanced dancer improve with ease.

Boot Camp @Mahackeno: Challenge yourself like you have never before. This intense workout is for those looking to bring their fitness level up a notch. Class will include cardio, strength, core and more.

Cardio Combo: Class will include a variety of cardio along with strength training to round out the workout.

Chair Yoga: This very gentle yoga class takes place with the support of a chair so you can receive yoga's restorative and healing benefits. Chair yoga allows you to participate in the amazing practice of stretching, breathing, and flowing Vinyasa poses. Yoga relaxes your body and mind whole at the same time improves your mental acuity, mobility, range of motion, posture, flexibility and balance. Improve your overall health and well-being and get more grounded into your body and life.

Dance Fusion: Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

Feldenkrais: Awareness through movement. Learn to ease pain, improve flexibility, balance and posture.

Gentle Yoga: This class will explore asana (postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

Hatha Yoga: In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and more sensitive to how energy moves through our body. All levels welcome.

Kickbox Conditioning: Learn to kick, punch and jab with proper form for a great workout.

Kripalu Yoga: Incorporates three stages of development – postural alignment, meditation with longer posture holding, meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

Light Low and Lively: Light intensity, low impact and lively music. This class is paced for those looking for an easy to follow, lighter cardio workout.

MELT Hand and Foot: Erase pain and tension in your hands, feet and low back brought on by everyday stress, overuse, and age.

Kickbox Conditioning: Learn to kick, punch and jab with proper form for a great workout.

Pilates-Beginner: Look for special class dates posted on current Group Fitness Schedules. Members will have the opportunity to learn basic pilates instruction with a certified Pilates instructor

Pilates Mat: A Pilates certified instructor helps you to accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

Pilates Mix: A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while focusing on building strong core strength and flexibility.

Qigong: An ancient Taoist self-healing technique that generates a healthy flow of qi between people and nature. It is this exchange of qi that creates an energy that brings about health in living beings and in the environment. All fitness levels will benefit from this practice. No previous experience necessary.

Shake your Soul: People of all ages and levels of dance or movement experience will have fun. This holistic approach to movement and dance is inspired by yoga, Qi Kung, Modern and African dance and mind body centering.

Sheng Zhen Healing Qigong: This restorative Qigong consists of gentle meditative movements performed sitting on a chair. If you practice them with a happy heart and a concentrated mind, they will enable you to gather the powerful healing energy of the universe to reduce stress, strengthen vital energy, and improve health at all levels.

Spin: Spinning is an indoor cycling class designed for people of all ages and abilities. The focus is improving cardiovascular fitness. You can ride at your own pace as an instructor guides you on a journey.

Step: High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced Levels.

Stretch and Strength: Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate Two instructors challenging you to bring your fitness level up a notch. This fun cardio/strength interval class gets the job done.

Sunrise Yoga: Begin your morning with vinyasa yoga and be ready to face the day ahead.

Total Body Conditioning: A strength conditioning class designed to target individual muscle groups. Bands, stability balls, tubes, weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

Two for One: Two instructors teaching one fun, high energy, non-stop workout. Get your heart pumping and muscles moving. This is a cardio/strength class at 2x's the intensity.

Vinyasa Yoga: This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and bring more focus and balance to one's life.

Yoga: This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to quiet the mind and bring more focus and balance to one's life.

Yoga-Beginner: Look for a special class posted on current Group Fitness Schedule. Learn basic Yoga postures with a certified Yoga instructor

Yoga for All: This class is geared toward all ages and levels. Whether you're new to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

Zumba: A dynamic and exciting class full of Latin and exotic music flavors.

The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.

Zumba Gold: This class is designed for the active older adult as well as beginners and those looking for a lighter intensity Zumba class.

For more information call 226-8981 x 198 or email Shelley Moll at smoll@westporty.org.