FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS Schedule: April 24– June 18
Cardio, Strength, Energy

Monday
8:00-9:00 AM
High Fitness
Studio A/B
Alli

9:15-10:15 AM
Group Fight
Studio A/B
Brian

9:15-10:15 AM
Group Ride
Cycle Studio
Michelle A.

10:30–11:30 AM
Group Power
Studio A/B
Michelle A.

11:45-12:45 PM
BARRE Above
Studio A/B
Judy

11:45-12:30 PM
Cycle Express
Cycle Studio
Terre

5:30–6:30 PM
Cycle
Cycle Studio
Denise

6:45-7:45 PM
High Fitness
Studio A
Alli

Tuesday
5:45–6:45 AM
Cycle
Cycle Studio
Serge

8:00-9:00 AM
Total Body
Conditioning
Studio A/B
Judy

9:15–10:15 AM
Group Power
Studio A/B
Francesca

9:15–10:15 AM
Cycle
Cycle Studio
Denise

10:30–11:30 AM
Cycle
Cycle Studio
Francesca

10:30–11:30 AM
Zumba
** Studio A/B
James

11:45–12:45 PM
Cardio Shred
Studio A/B
Beth

6:30–7:30 PM
BEGINS 5/1
Pump It Up
Studio A/B
Julianne

Wednesday
8:00-9:00 AM
Group Fight
Studio A/B
Judy

9:15–10:15 AM
High Fitness
Studio A/B
Alli

9:15–10:15 AM
Cycle
Cycle Studio
Vicki

10:30–11:30 AM
Total Fit
Studio A/B
Vicki

11:45–12:30 PM
Cycle Express
Cycle Studio
James

5:30–6:30 PM
Cycle
Cycle Studio
Jenna

6:30-7:30 PM
Boot Camp
Studio A
Stephanie

Thursday
5:45–6:45 AM
Cycle
Cycle Studio
MaryAnn/Steve A.

8:00-9:00 AM
20/20/20
Studio A/B
Lisa D.

9:15–10:15 AM
Group Power
Studio A/B
Michelle

9:15-10:15 AM
Cycle
Cycle Studio
Denise

10:30–11:30 AM
Cycle
Cycle Studio
Terre

10:30–11:30 AM
Zumba
Studio A/B
James

11:45-12:45 PM
Cardio Shred
Studio A/B
Beth

6:30-7:30 PM
Group Fight
Studio A/B
Elana

Friday
8:00-9:00 AM
Total Body
Conditioning
Studio A/B
Beth

9:15–10:15 AM
Group Fight
Studio A/B
Denise

9:15–10:15 AM
Cycle
Cycle Studio
Lory

10:30-11:30 AM
Group Power
Studio A/B
Brian

11:45-12:30 PM
Cycle Express
Cycle Studio
Judy/Terre

5:30–6:30 PM
Cycle
Cycle Studio
Brandon

6:45-7:45 PM
Zumba
Studio A
Beth

Saturday
8:00-9:00 AM
Spring Tone-Up
Studio A/B
Gina

9:15-10:15 AM
Cycle
Cycle Studio
Colleen/Joyce

9:15–10:15 AM
Boot Camp
Studio A/B
Beth

10:30-11:30 AM
Cycle
Cycle Studio
MaryAnn

10:30-11:30 AM
Group Power
Studio A/B
Elana

11:45-12:45 PM
Zumba-Family
Studio A/B
Nicole

Sunday
8:00 –9:00 AM
Sunday Sweat
Studio A/B
Judy

9:15-10:15 AM
Cycle
Cycle Studio
MaryAnn/Norm

9:15-10:15 AM
Group Fight
Studio A/B
Denise

10:30-11:30 AM
Group Power
Studio A/B
Jenna

10:30-11:30 AM
Cycle
Cycle Studio
Fred/Team

WESTPORT WESTON FAMILY YMCA
14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westporty.org

QUESTIONS?
Shelly Goldman - Healthy Living Program Director
sgoldman@westporty.org

*CLASSES ARE SUBJECT TO CHANGE

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Cardio, Strength & Energy

FOR YOUTH DEVELOPMENT®
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20/20/20: 20 minutes each of: cardio, strength, & intervals. If you like variety, then you will love the spontaneity and pace of this class!

BARRE Above: A fun and dynamic low impact class with a focus on providing safe an effective barre exercises for all fitness levels. Classes utilize fitness props including a small ball, Gliding discs, hand-held weights, and resistance tubing. Leave feeling challenged and successful with this barre fusion workout.

Boot Camp: Anything goes workout including bursts of HIIT (High Intensity Interval Training), Tabata drills and guaranteed sweat!

Cardio Shred: Looking for a strong sculpted body? This class is for you. Challenges mixed with circuits equals total body toning in a fun high energy class.

Cycle: Non-impact cardiovascular workout set to music. Designed for people of all ages and abilities. Our state of the art KEISER cycles deliver more power to your pedaling.

Express Cycle: Fast track your workout with our unique 45 minute Express classes. Perfect for your lunch break or to end your day.

Group Core: Core workouts train you like an athlete in 30-action packed minutes. A strong core will improve your athletic performance, build a great foundation for all of your daily activities, and give you great-looking, ripped abs! You will train all the muscles from your shoulders to your hips using the latest functional and integrated exercises.

Group Fight: A challenging, athletic, and motivating workout. This class offers a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. It'd the perfect way to kick stress out of your life!

Group Power: Dedicated barbell class! Blast all of your muscles with this high-rep weight training workout! Using an adjustable barbell, weight plates, and body weight, Group Power uses traditional barbell movements with a unique integration of functional exercise, perfectly timed to dynamic music.

Group Ride: A huge calorie burner that builds great-looking legs! Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. *RIDE ON!*

High Fitness: HIGH Fitness produces a high caloric burn and full-body toning that combines interval training and intense easy-to-follow choreography. You will alternate between intense cardio peaks and toning. There's no better way to describe it than "Body Sculpting Fun".

Pump It Up: Looking for a boost in metabolism, toned muscles, and quick results? Come check out Pump It Up. We will lift weights freestyle, while keeping the heart rate up, shredding the most calories for maximum calorie burn.

Spring Tone-Up: Cardio + Power + Strength = Spring Tone-Up! Take 30 minutes of cardio with power and strength exercises, just add 30 minutes of BARRE work and you get spring tone-up. You may be challenged with: mountain climbers, hip hikes, burpees, power skis, air lunges…

Sunday Sweat: Starts with a run (weather permitting) on our Mahackeno Campus followed by dynamic cardio, core and strength challenges in the studio.

Total Fit: Boot camp Intervals with a bit of: cardio, strength, core and more.

Total Body Conditioning: Bursts of Cardio are integrated as we work towards a leaner, stronger, toned, and more fit body.

Zumba: Ditch the workout, join the party! A dynamic and exciting class full of Latin and exotic music flavors.

Zumba-Family: Zumba is a fun way for the family to get a great workout! Recommended for teens.

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