



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS FALL 2015 Schedule Cardio, Strength, Energy Effective August 31, 2015

Monday

5:45-6:45 AM
Body Shock
Studio A/B
Gerardo

7:00-7:45 AM
Cycle
Cycle Studio
Shelly

8:00-9:00 AM
Cardio Core
Studio A/B
Susan

9:15-10:15 AM
Boot Camp
Studio A/B
Staff

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

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

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

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

7:00-8:00 PM
Zumba
Studio A
Christine

Tuesday

5:45-6:45 AM
Cycle
Cycle Studio
Serge

8:00-9:00 AM
Body Shock
Studio A/B
Gerardo

8:00-9:00 AM
Cycle
Cycle Studio
Anna

9:15-10:15 AM
Group Power
Studio A/B
Susan

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

10:30-11:30 AM
Zumba
Studio A/B
James

11:45-12:45 PM
Core Dynamics
Studio A/B
Linda

5:30-6:30 PM
Cycle
Cycle Studio
Terre

6:30-7:30 PM
Group Power
Studio A/B
Kelly

7:45-8:30 PM
Cycle Express
Cycle Studio
Kelly

Wednesday

7:00-7:45 AM
Cycle
Cycle Studio
Linda

8:00-9:00 AM
Dance Fusion
Studio A/B
Gayle

9:15-10:15 AM
Boot Camp
Studio A/B
Judy

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
Terre

5:30-6:30 PM
Cycle
Cycle Studio
Francesca

6:45-7:45 PM
Body Shock
Studio A
Gerardo

Thursday

5:45-6:45 AM
Cycle
Cycle Studio
Fred

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

8:00-9:00 AM
Cycle
Cycle Studio
Kelly

9:15-10:15 AM
Group Power
Studio A/B
Kelly

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

10:30-11:30 AM
Zumba
Studio A/B
James

11:45-12:45 PM
Core Dynamics
Studio A/B
Linda

5:30-6:30 PM
Cycle
Cycle Studio
Shelly

6:30-7:30 PM
Group Power
Studio A/B
Alexei

7:45-8:30 PM
Cycle
Cycle Studio
Brandon

Friday

7:00-7:45 AM
Firefighters Cycle
Cycle Studio
Sara

8:00-9:00 AM
Total Fit
Studio A/B
Vicki

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

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

10:30-11:30 AM
Boot Camp
Studio A/B
Staff

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

5:30-6:30 PM
Cardio Shred
Studio A/B
Beth

6:45-7:45 PM
Zumba
Studio A/B
Lara

Saturday

7:30-8:30 AM
Cycle
Cycle Studio
Vicki

7:45-8:30 AM
Zumba
Studio A/B
Karen

8:45-9:45 AM
Body Shock
Studio A/B
Gerardo

10:00-11:00 AM
Group Power
Studio A/B
Kelly

10:00-11:00 AM
Cycle
Cycle Studio
Colleen/Joyce

11:15-12:15 PM
Zumba
Studio A/B
Danette

Sunday

9:15-10:15 AM
Sunday Sweat
Studio A/B
Amy F.

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

10:30-11:30 AM
Boot Camp
Studio A/B
Staff

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

11:45-12:45 PM
Pump It Up
Studio A/B
Julianne

WESTPORT WESTON FAMILY Y

14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westporty.org

QUESTIONS?

Shelly Goldman - Group Fitness Coordinator
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Alexei Bachuretz - Health & Wellness Director
abachuretz@westporty.org



Cardio, Strength & Energy

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!

Body Shock: Athletic conditioning to boost strength and endurance, sharpen agility and improve your energy. Challenge yourself like you never have before. TRX and other equipment may be used.

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

Cardio Sculpt: A challenging workout to get your blood flowing using weights and other props to improve strength, balance and core.

Cardio Shred: Looking for a strong sculpted body? This class is for you. Total body toning in a fun high energy class.

Core Dynamics: Challenging Core and strength training using: weights, body bars, blocks, hand weights, and your own body weight to: define, develop, and tone your body.

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

Firefighters Cycle: Cycle class that invites our local Firefighters to spin with our members. Designed for people of all ages and abilities.

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! Join us on 9/21/15 for our TEAM Launch!

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.

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 burn. All levels welcome.

Sunday Sweat: Cardio + Strength= Sunday Sweat! This high energy workout combines ole fashion aerobics & fun cardio combo's.

Total Fit: Boot Camp Intervals with a bit of: Cardio, Strength, Core and more.

Zumba: Ditch the workout, join the party! A dynamic and exciting class full of Latin and exotic music flavors. You'll get aerobic interval training that will tone and sculpt the body. Zumba is a fun way to get a great workout!

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