



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS Schedule: April 24—June 18

### Spirit, Mind, Body

#### Monday

**8:00–9:00 AM**  
Pilates Mix  
Studio C  
Susan J.

**9:15–10:15 AM**  
Yoga For All  
Studio C  
Steve

**10:30–11:30 AM**  
L&L Intervals  
Studio C  
Lisa

**11:45–12:45 PM**  
Core & More  
Studio C  
Vicki

**5:30–6:30 PM**  
Advanced Core  
Studio C  
Pam

**6:45–7:45 PM**  
Qigong  
Studio C  
Michelle Q.

#### Tuesday

**8:00–9:00 AM**  
Y-Method  
Studio C  
Gina

**9:15–10:15 AM**  
Hatha  
Studio C  
Leslie

**10:30–11:30 AM**  
Y-Method  
Studio C  
Gina

**10:30–11:30 AM**  
Essentrics  
\*\*South Court  
Dyan

**11:45–1:00 PM**  
Kundalini  
Studio C  
Greg

**1:15–2:15 PM**  
Yoga For All  
Studio C  
Steve

**5:30–6:30 PM**  
Pilates Mix  
Studio C  
Jane

**7:45–8:45 PM**  
**BEGINS 5/1**  
Restorative Yoga  
Studio C  
Julianne

\*\* New Location

#### Wednesday

**8:00–9:00 AM**  
Hatha  
Studio C  
Deby

**9:15–10:15 AM**  
Vinyasa  
Studio C  
Susan J.

**10:30–11:30 AM**  
Dance Fusion  
Studio C  
Gayle

**11:45–12:45 PM**  
BUTI Yoga  
Studio C  
Ania

**1:00–2:00 PM**  
Qigong  
Studio C  
Michelle Q.

**5:30–6:30 PM**  
Pilates Mix  
Studio C  
Francesca

**6:45–8:00 PM**  
Hatha  
Studio C  
Greg

**8:00–8:30 PM**  
Meditation  
Studio C  
Greg

#### Thursday

**8:00–9:00 AM**  
Y-Method  
Studio C  
Gina

**9:15–10:15 AM**  
Hatha  
Studio C  
Michelle D.

**10:30–11:30 AM**  
Essentrics  
Studio C  
Dyan

**11:45–1:00 PM**  
Hatha  
Studio C  
Greg

**1:15–2:15 PM**  
Kripalu  
Studio C  
Amy V.

**6:30–7:30 PM**  
Y-Method  
Studio C  
Lisa P.

#### Friday

**8:00–8:45 AM**  
\*\*Train to Sustain  
Studio C  
Kathy

**9:15–10:15 AM**  
Vinyasa  
Studio C  
Wendy

**10:30–11:30 AM**  
\*\*Dance Fusion  
South Court –Gym  
Gayle

**10:45–11:30 AM**  
\*\*Seated Yoga  
Studio C  
Suzan

**11:45–12:45 PM**  
Pilates Mix  
Studio C  
Jane

**1:00–2:00 PM**  
Tai Chi  
Studio C  
Deby

**5:30–6:30 PM**  
Yoga  
Studio C  
MaryBeth

#### Saturday

**8:00–9:00 AM**  
Vinyasa Flow  
Studio C  
Michelle D

**9:15–10:15 AM**  
Pilates Mat  
Studio C  
Amy R.

**10:30–11:30 AM**  
L&L Yoga  
Studio C  
Amy V.

**11:45–12:45 PM**  
ESSENTRICS  
Studio C  
June

**1:00–2:00 PM**  
Kundalini  
Studio C  
Mark

#### Sunday

**8:00–9:00 AM**  
Tai Chi  
Studio C  
Deby

**9:15–10:15 AM**  
Y-Method  
Studio C  
Gina

**10:30–11:30 AM**  
Y-Method  
Studio C  
Gina

**11:45–12:45 AM**  
Stretch & Strengthen  
Yoga  
Studio C  
Robin

**1:00–2:00 PM**  
Family Yoga  
Studio C  
Mark

**4:00–5:00 PM**  
Yoga  
Studio C  
Nancy

#### WESTPORT WESTON FAMILY Y

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

## Spirit, Mind & Body:

**Advanced Core:** A fast paced, advanced class focusing on individual core muscles. Equipment used in class will include the Bosu, Free weights. K knowledge of Pilates is useful but not necessary.

**Buti Yoga:** Take the challenge and enjoy the invigorating music while combining a power yoga with dance and short bursts of plyometrics. Guaranteed to transform your body from the inside out.

**Core & More:** Build a strong core using a variety of props. Magic circles, Balletcore ball, stretch loops and light weights. Expect intense challenges to strengthen and tone your core.

**Hatha Yoga:** Focus on physical poses (asanas), and breath to develop better body awareness, balance, strength with flexibility and become more sensitive to how energy moves through our body. All levels welcome

**Kripalu:** Incorporates three stages of development: postural alignment, meditation with longer posture holding and meditation in motion. Kripalu promotes physical healing, emotional development and spiritual awakening. You will explore: asana (postures), pranayama (breathing techniques), yoga nidra (relaxation) and meditation.

**Kundalini Yoga:** Works the entire nervous and glandular systems with a strengthening component for fitness, mental and spiritual health. A focus on awareness of breath will allow for deep relaxation.

**Meditation:** Listen to your breath, go inside yourself and find that meditative state through gentle guidance.

**Pilates Mat:** Moving from fundamentals through traditional Pilates exercises. Strengthen and tone your powerhouse while working on the mat.

**Pilates Mix:** Traditional to advanced mat work with additional props to mix it up. May include the Barre or Stability Ball.

**Qigong (Chee-gong):** The practice of this form of Qigong creates a deep state of inner peace and a feeling of love and harmony with the universe. It opens the heart, strengthens the body, and calms the mind.

**Restorative Yoga:** In this gentle yoga class, you will go through a 5-6 position sequence that will be focused on athletic recovering, warming for winter, joint health, digestive health, stress relief, sleep better sequence, etc. The poses/positions are often held a little bit longer to allow the body to settle and restore.

**Stretch and Strengthen Yoga:** How to use yoga not only to calm and focus the mind, but also to create both strength and flexibility in the physical body.

**TaiChi:** A low impact flowing exercise that puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels.

**Vinyasa:** A faster paced class with the asanas (postures) linked together in a series of movements that are synchronized with the breath.

**Y-Method:** A core fusion style class that combines resistance training with elements of Pilates, Ballet, Barre, and Yoga. Light weights & other props will be included to increase the intensity.

**Yoga For All:** Modified for all ages. Perfect for beginning to moderate experience levels.

**Light & Low Series:** Our L&L classes are especially for: our seniors, those new to exercise, rehabilitating from injury, or those simply looking for a more gentle style. Modifications will be offered for all levels of fitness.

**Dance Fusion:** Easy to follow steps from all styles of dance and music. Join in the fun with this high energy cardio.

**Essentrics:** Dynamically stretch and strengthen every muscle to reshape and re-balance the body. With no-impact, this workout will increase your mobility while keeping your joints healthy and pain free.

**Light & Low Intervals:** A low-impact cardio class with light weight intervals.

**Light & Low Yoga:** A gentle version of Hatha. Intended to help you stay active and healthy.

**Seated Yoga:** Yoga helps to relax your entire body. Release tension and increase flexibility of your spine in a seated position. This gentle class incorporates the breathing yoga posture benefits of traditional mat classes

**Train To Sustain:** Build your strength to make every day movement easier. Lift weights, use resistance bands, and squeeze balls to increase muscle strength. Practice lower body exercises for better balance. Increased muscle strength will help you maintain your ability to climb stairs, carry groceries or play longer with your grandchildren.

### WESTPORT WESTON FAMILY Y

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### QUESTIONS?

Shelly Goldman – Healthy Living Program Director  
[sgoldman@westporty.org](mailto:sgoldman@westporty.org)