



GROUP FITNESS Schedule: Fall 2015

Spirit, Mind, Body

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 AM L&L Yoga For All Studio C Steve	7:45-9:00 AM Intro To Ashtanga Studio C Robin	8:00-9:00 AM Y-Method Studio C Susan	7:45-9:00 AM Yin Yang Studio C Robin	8:00-9:00 AM L&L Pilates Studio C Pam	7:30-8:30 AM Vinyasa Flow Studio C Michelle D	
9:15-10:15 AM Vinyasa Flow Studio C Francesca	9:15-10:15 AM Hatha Studio C Leslie	9:15-10:15 AM L&L Align Studio C Gayle	9:15-10:15 AM Hatha Studio C Michelle D.	9:15-10:15 AM Hatha Studio C Mark	8:45-9:45 AM Core & More Studio C Vicki	
10:30-11:30 AM L&L Intervals Studio C Judy	10:30-11:30 AM L&L Intervals Studio C Susan	10:30-11:30 AM L&L Intervals Studio C Terre	10:30-11:30 AM Essentrics Studio C Dyan	10:30-11:30 AM Dance Fusion Studio C Gayle	10:00-11:00 AM L&L Yoga Studio C Amy V.	
11:45-12:45 PM Core & More Studio C Vicki	11:45-1:00 PM Kundalini Studio C Greg	11:45-12:45 PM Pilates Barre Studio C Jane	11:45-1:00 PM Hatha Studio c Greg	1st & 3rd Friday 10:45-11:30 AM Seated Yoga South Court- Gym Amy O.	11:15-12:15 PM Pilates Studio C Glenda	
5:30-6:30 PM Advanced Core Studio C Pam	1:15-2:15 PM Yoga For All Studio C Steve	1:00-2:00 PM Qigong Studio C Michelle Q.	1:15-2:15 PM Yoga for All Studio C Amy V.	2nd & 4th Friday 10:45-11:30 AM Train To Sustain South Court- Gym Sharon	12:30-1:30 PM Kundalini Studio C Mark	
6:45-7:45 PM Ashtanga Studio C Robin	5:30-6:30 PM Pilates Mix Studio C Jane	5:30-6:30 PM Pilates Barre Studio C Judy	6:45-7:45 PM Hatha Studio C Mark	11:45-12:45 PM Y-Method Studio C Staff		8:00-9:00 AM Tai Chi Pavilion Deby
8:00-8:45 PM Buti Yoga Studio C Anna		6:45-7:45 PM Hatha Studio C Greg	8:00-9:00 PM Yoga N Roll Studio C Julianne	5:30-6:30 PM Pilates Mix Studio C Glenda		9:15-10:15 AM Y-Method Studio C Susan
		8:00-8:30 PM Meditation Studio C Greg				10:30-11:30 AM Essentrics Studio C Dyan
						11:45-12:45 PM Pilates Mix Studio c Judy
						1:00-2:00 PM Vinyasa Studio C Jody
						4:00-5:00 PM Yoga Studio C Nancy

QUESTIONS?

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WESTPORT WESTON FAMILY Y

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Ashtanga: An energy-raising practice. The constant flow of movement and breath is designed to detoxify and enliven, ideally bringing your metabolic rate back to normal through the finishing poses

Advanced Core: A fast paced, advanced class focusing on individual core muscles. Equipment used in class will include the Bosu, Free Weights and from time to time, the stability ball. Knowledge of Pilates is useful, but not required.

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.

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. You'll feel the difference within your first class!

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 Barre: This class integrates elements of Pilates, dance, cardio & strength training at the Barre.

Pilates: Strengthen and tone with classic Pilates mat exercises.

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

Qigong (Chee-gong): An ancient Taoist technique that generates a flow of qi (chee) between people and nature.

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

Y-Method: 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.

Yoga N Roll: Vinyasa yoga fused with foam rolling and muscle toning exercises. If your body aches and you feel pain in your muscles, this class will surely help you alleviate those aches and pains and help you to move better.

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.

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. You'll feel the difference within your first class!

Light & Low Align: Find the relief from the daily stresses caused by repetitive movement and muscle imbalances.

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

Light & Low Yoga For All: Explore your posture and breath through relaxing poses (asanas) and light meditation.

CHAIR CLASSES EVERY FRIDAY 10:45-11:30 AM IN SOUTH COURT-GYM

Seated Yoga: Deepen Flexibility and strengthen body awareness. Learn breathing techniques, yoga postures, and find relaxation.

Train To Sustain: Build your strength to make every day movement easier. Increase muscle, improve muscle tone, maintain the integrity of your bones, and improve your balance as you "train to sustain" with us.

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