



GROUP FITNESS Vacation Week: February 15 – February 21, 2016 Spirit, Mind, Body

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

8:00–9:00 AM

Y-Method
Studio C
Shelly

9:15–10:15 AM

Yoga For All
Studio C
Steve

10:30–11:30 AM

L&L Intervals
Studio C
Gayle

11:45–12:45 PM
Camp

5:30–6:30 PM

Advanced Core
Studio C
Pam

6:45–7:45 PM

Ashtanga
Studio C
Robin

8:00–8:45 PM

Buti Yoga
Studio C
Ania

Tuesday

8:15–9:00 AM

Pilates
Studio C
Shelly

9:15–10:15 AM

Hatha
Studio C
Leslie

10:30–11:30 AM

Essentrics
Studio C
Dyan

11:45–1:00 PM

Kundalini
Studio C
Mark

1:15–2:15 PM

Yoga For All
Studio C
Steve

5:30–6:30 PM

Pilates Mix
Studio C
Jane

Wednesday

8:00–9:00 AM

Y-Method
Studio C
Susan J.

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
Camp

1:00–2:00 PM

Qigong
Studio C
Michelle Q.

5:30–6:30 PM

Pilates BARRE
Studio C
Francesca

6:45–8:00 PM

Hatha
Studio C
Maria

8:00–8:30 PM

Meditation
Studio C
Maria

Thursday

8:15–9:00 AM

Pilates BARRE
Studio C
Judy

9:15–10:15 AM

Hatha
Studio C
Courtney

10:30–11:30 AM

Essentrics
Studio C
Dyan

11:45–1:00 PM

Hatha
Studio c
Amy

1:15–2:15 PM

Kripalu
Studio C
Amy V.

6:45–7:45 PM

Hatha
Studio C
Mark

Friday

8:00–9:00 AM

L&L Pilates
Studio C
Pam

9:15–10:15 AM

Vinyasa
Studio C
Courtney

10:30–11:30 AM

Dance Fusion
Studio C
Gayle

11:45–12:45 PM
Camp

5:30–6:30 PM

Yoga
Studio C
MaryBeth

Saturday

7:45–8:45 AM

Vinyasa Flow
Studio C
Michelle D

9:00–10:00 AM

Core & More
Studio C
Vicki

10:15–11:15 AM

L&L Yoga
Studio C
MaryBeth

11:30–12:30 PM

Advanced Core
Studio C
Glenda

12:45–1:45 PM

Hatha
Studio C
Mark

2:00–3:00 PM

Yoga
Studio C
Robin

Sunday

8:00–9:00 AM

Tai Chi
Studio C
Deby

9:15–10:15 AM

Y-Method
Studio C
Susan

10:30–11:30 AM

Essentrics
Studio C
Dyan

11:45–12:45 PM

Pilates Mix
Studio c
Judy

1:00–2:00 PM

Yoga N Roll
Studio C
Julianne

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



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 Bo-su, 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.

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

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.

Dance Fusion: Dancing through the generations. Come and have fun during this aerobic workout.

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

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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