



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS Schedule: February 27-April 23

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
Studio A/B
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
Restorative Yoga
Studio C
Julianne

* RSVP Required
** 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 BARRE
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.

6:15-7:15 PM
Y-Method
Studio C
Lisa P.

Friday

9:15-10:15 AM
Vinyasa
Studio C
Wendy

10:30-11:30 AM
Dance Fusion
Studio C
Gayle

1st & 3rd Friday
10:45-11:30 AM
Seated Yoga
South Court-Gym
Suzan

2nd & 4th Friday
10:45-11:30 AM
Train To Sustain
South Court-Gym
Kathy

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

9:30-10:30 AM
ESSENTRICS**
Christ & Holy Trinity
Dyan

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
Pilates Mix*
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
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*CLASSES ARE SUBJECT TO CHANGE (updated 3/27/17)

Advanced Core: A fast paced, advanced class focusing on individual core muscles. Equipment used in class will include the Bosu, Free weights. 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 BARRE: A fusion of Pilates, elementary ballet, and yoga stretches that pushes you into your working zone. Using the barre, weights, and other props, this full-body workout promises to strengthen, lengthen, and tone you in all the right places!

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): 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.

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

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

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