



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## GROUP FITNESS SCHEDULE

### Mind and Body

#### Monday

**8:00-9:00 AM**

BUTI  
Studio C  
Ania

**9:15-10:15 AM**

Yoga For All  
Studio C  
Steve

**10:30-11:30 AM**

L&L Intervals  
Studio C  
Lisa

**10:30-11:15 AM**

Balance, Line &  
Strength  
Meeting Room  
Ruth

**11:45-12:45 PM**

Core & More  
Studio C  
Vicki

**1:00-2:00 PM**

Slow Flow Yoga  
Studio C  
Vicki

**5:30-6:30 PM**

Pilates  
Studio C  
Pam

**6:45- 7:45 PM**

Vinyasa  
Studio C  
Ana

#### Tuesday

**8:00-9:00 AM**

Core-BARRE  
Studio C  
Gina

**9:15-10:15 AM**

Hatha  
Studio C  
Leslie

**10:30-11:30 AM**

Dance Fusion  
Studio C  
Gayle

**10:30-11:30 AM**

ESSETRICS  
Studio A/B  
June

**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

#### 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**

L&L Intervals  
Studio C  
Judy

**11:45-12:45 PM**

Y-Method  
Studio C  
Gina

**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**

ESSETRICS  
Studio C  
Dyan

**11:45-12:30 PM**

Seated Yoga  
Meeting Room  
Amy

**11:45-1:00 PM**

Hatha  
Studio c  
Greg

**1:15-2:15 PM**

Kripalu  
Studio C  
Amy V.

**6:15-7:15 PM**

Pilates BARRE  
Studio C  
Susan J

#### Friday

**8:00-9:00 AM**

Yoga for All  
Studio C  
Steve

**9:15-10:15 AM**

Vinyasa  
Studio C  
Nina

**10:30-11:30 AM**

Dance Fusion  
Studio C  
Gayle

**10:30-11:15 PM**

Train to Sustain  
Meeting Room  
Ruth

**11:45-12:45PM**

Pilates BARRE  
Studio C  
Jane

**1:00-2:00 PM**

Tai Chi  
Studio C  
Deby

**5:15-6:15 PM**

Yoga  
Studio C  
Mark

#### Saturday

**8:00-9:00 AM**

Vinyasa Flow  
Studio C  
Julian

**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**

ESSETRICS  
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**

Core-BARRE  
Studio C  
Gina

**11:45-12:45 AM**

Vinyasa  
Studio C  
Ana

**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](http://www.westporty.org)

#### QUESTIONS?

Shelly Goldman - Healthy Living Program Director  
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**\*CLASSES ARE SUBJECT TO CHANGE**



## Mind & Body:

**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.

**Family Yoga:** A gentle Yoga class designed for the entire family to participate. Children need to be actively engaged in class to participate.

**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 Yoga:** A more gentle form of Hatha yoga. It incorporates asana, breathing techniques, mudras and meditation, which draw the awareness to the sensations of the body, breath and mind.

**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 Mat:** Beginning with the fundamentals and moving 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.

**Slow Flow Yoga:** yoga focused on flowing through the asanas using proper form and learning to find a peaceful place no matter what the challenge.

**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.**

**Balance, Line & Strength:** Having a hard time with balance? This seated & standing class will help you improve bone and muscle strength, to enhance your balance and flexibility.

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

**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:** Release tension & increase flexibility of your spine in a seated position. This gentle class utilizes the breathing yoga postural benefits of traditional mat classes with the added blend of: laughter, sound or REIKI.

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

\*Not all classes listed may be on the schedule

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