



GROUP FITNESS SCHEDULE

Cardio and Strength

effective June 18, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

8:00-9:00 AM
Total Body
Conditioning
Studio A/B
Beth

9:15-10:15 AM
POUND
Studio A/B
Alice

9:15-10:15 AM
Cycle Together
Cycle Studio
Michelle A.

10:30-11:30 AM
Strength Train
Together
Studio A/B
Michelle A.

11:45-12:30 PM
Cycle Express
Cycle Studio
MaryAnn

5:30-6:30 PM
Cycle
Cycle Studio
Denise

6:15-7:15 PM
High Fitness
Studio A
Britt

Tuesday

5:45-6:45 AM
Cycle
Cycle Studio
Serge

8:00-9:00 AM
Core-BARRE
Studio A/B
Francesca

9:15-10:15 AM
Strength Train
Together
Studio A/B
Francesca

9:15-10:15 AM
Cycle
Cycle Studio
Denise

10:30-11:30 AM
Zumba
Studio A/B
James

6:15-7:15 PM
Strength Train
Together
Studio A/B
Elana

Wednesday

9:15-10:15 AM
Functional Fitness
Studio A/B
George

9:15-10:15 AM
Cycle
Cycle Studio
James

10:30-11:30 AM
Strength Train
Together
Studio A/B
Elana

11:45-12:30 PM
Cycle Express
Cycle Studio
Vicki

5:00-6:00 PM
Cycle
Cycle Studio
Jenna

6:15-7:15 PM
Strength Train
Together
Studio A/B
Jenna

Thursday

5:45-6:45 AM
Cycle
Cycle Studio
Steve

9:15-10:15 AM
Strength Train
Together
Studio A/B
Michelle

9:15-10:15 AM
Cycle
Cycle Studio
Denise

10:30-11:30 AM
Zumba
Studio A/B
James

6:15-7:15 PM
Functional Fitness
Studio A/B
George

Friday

8:00-9:00 AM
High Fitness
Studio A/B
Britt

9:15-10:15 AM
Defend Together
Studio A/B
Denise

9:15-10:15 AM
Cycle
Cycle Studio
Lory

10:30-11:30 AM
Strength Train
Together
Studio A/B
Stephanie

11:45-12:30 PM
Cycle Express
Cycle Studio
Judy

5:30-6:30 PM
Cycle
Cycle Studio
Brandon

6:30-7:30 PM
Total Body
Conditioning
Studio A/B
Beth

Saturday

8:00-9:00 AM
Cycle
Cycle Studio
Amy/Joyce

8:00-9:00 AM
Boot Camp
Studio A/B
Beth

9:15-10:15 AM
Cycle
Cycle Studio
Colleen/Jenna

9:15-10:15 AM
Zumba
Studio A/B
James

10:30-11:30 AM
Strength Train
Together
Studio A/B
Elana

Sunday

8:00-9:00 AM
Total Fit
Studio A/B
Vicki

9:15-10:15 AM
Cycle
Cycle Studio
MaryAnn/Norm

9:15-10:15 AM
Defend Together
Studio A/B
Denise

10:30-11:30 AM
Strength Train
Together
Studio A/B
Jenna

PLEASE NOTE CLASSES ARE SUBJECT TO CHANGE

WESTPORT WESTON FAMILY YMCA

14 Allen Raymond Lane, Westport, CT 06880
203 226 8981 www.westportymca.org

QUESTIONS:

Denise Hotch, Fitness Coordinator
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Cardio and Strength

Boot Camp: Anything goes workout including bursts of HIIT (High Intensity Interval Training), Tabata drills and guaranteed sweat!

Cardio Shred: Looking for a strong sculpted body? This class is for you. Challenges mixed with circuits equals total body toning in a fun high energy class.

Cycle: Non-impact cardiovascular workout set to music. Designed for people of all ages and abilities. Our state of the art KEISER cycles deliver more power to your pedaling.

Express Cycle: Fast track your workout with our unique 45 minute Express classes. Perfect for your lunch break or to end your day.

Functional Fitness: Training for real life. This class offers a total body workout combining strength training and mobility exercises to prevent injuries and improve your fitness.

Defend Together: A challenging, athletic, and motivating workout. This class offers a great cardio experience that also strengthens the entire body. It's a great way to add variety to your training and improve timing, precision, and focus. It'd the perfect way to kick stress out of your life!

Strength Train Together: Dedicated barbell class! Blast all of your muscles with this high-rep weight training workout! Using an adjustable barbell, weight plates, and body weight, Group Power uses traditional barbell movements with a unique integration of functional exercise, perfectly timed to dynamic music.

Cycle Together: A huge calorie burner that builds great-looking legs! Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training. *RIDE ON!*

High Fitness: HIGH Fitness produces a high caloric burn and full-body toning that combines interval training and intense easy-to-follow choreography. You will alternate between intense cardio peaks and toning. There's no better way to describe it than "Body Sculpting Fun".

POUND is a 45 minute group fitness class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout

Power Up: Adding "power and intensity" to build strength and fitness through a variety of challenging circuits and intervals.

Triple Threat: Three dynamite formats packed into one intense class! If you are somebody that likes variety, then you will love the spontaneity of this class because the format will change each week, but always include a combination of strength, cardio and core.

Sunday Sweat: Starts with a run (weather permitting) on our Mahackeno Campus followed by dynamic cardio, core and strength challenges in the studio.

Total Fit: Boot camp Intervals with a bit of: cardio, strength, core and more.

Total Body Conditioning: Bursts of Cardio are integrated as we work towards a leaner, stronger, toned, and more fit body.

Zumba: Ditch the workout, join the party! A dynamic and exciting class full of Latin and exotic music flavors.

Zumba-Gold: Zumba Gold workouts are for active older adults, **Zumba** beginners, fitness newbies, and those needing modified exercises.

WESTPORT WESTON FAMILY Y

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