



# GROUP FITNESS SCHEDULE

## Cardio and Strength

January 2, 2019

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.

**10:30-11:30 AM**  
Cycle - NEW TIME!  
Cycle Studio  
MaryAnn

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

**6:15-7:15 PM**  
High Fitness  
Studio A/B  
Alli

### Tuesday

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

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

**8:15-9:00 AM**  
Cycle Express -  
NEW!  
Cycle Studio  
Denise

**9:15-10:15 AM**  
Cardio, Strength &  
Core - NEW!  
Studio A/B  
Lisa D.

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

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

**11:45-12:45 PM**  
Cardio Shred  
Studio A/B  
Beth

**5:30-6:15 PM**  
Cycle Express  
Cycle Studio  
Judy

**6:30-7:30 PM**  
Strength Train  
Together  
Studio A  
Elana

### Wednesday

**8:15-9:00 AM**  
FitXpress - NEW!  
Studio A/B  
Judy

**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

**5:30-6:30 PM**  
Cycle  
Cycle Studio  
Mary Ann

**6:15-7:15 PM**  
High Fitness  
Studio A/B  
Britt

### Thursday

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

**8:00-9:00 AM**  
Advanced  
Functional Fitness  
Studio A/B  
George

**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

**11:45-12:45 PM**  
Cardio Shred  
Studio A/B  
Beth

**5:30-6:15 PM**  
Cycle Express  
Cycle Studio  
James

**6:15-7:15 PM**  
Functional Fitness  
Studio A  
George

### Friday

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

**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**  
POUND  
Studio A/B  
Alice

**10:30-11:15 AM**  
Cycle Express -  
NEW TIME!  
Cycle Studio  
Judy

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

**6:30-7:30 PM**  
Zumba  
Studio A  
Beth

### Saturday

**8:00-9:00 AM**  
Cycle  
Cycle Studio  
Colleen/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**  
Cycle  
Cycle Studio  
Norm/Fred

**8:00-9:00 AM**  
Sweat & Sculpt  
Studio A/B  
Judy

**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

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  
dhotch@westportymca.org



## 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.

**Cardio, Strength & Core:** A high-energy class that will keep you entertained and working hard. Fun, action-packed class includes cardio, strength and core work using a variety of equipment, class formats and music.

**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. All levels.

**Cycle Together:** A huge calorie! 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.

**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. All levels welcome!

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

**FitXpress:** A 45-minute workout combining intervals of strength and cardio sure to boost your mood and energy for the day ahead! Weights, bands, balls, ropes, TRX and more may be used. Great option for those looking to get in and out and get it done!

**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. Also offered at Advanced level.

**High Fitness:** 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:** 45-minute class that combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

**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, Strength Train Together uses traditional barbell movements with a unique integration of functional exercise, perfectly timed to dynamic music.

**Sweat and Sculpt:** Cardio and strength intervals, mixed with core, for a full body workout. Go big, bigger, biggest!

**Total Fit:** Boot camp Intervals with a mix 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.

\* Not all classes listed may be on the schedule. Schedule subject to change.

### WESTPORT WESTON FAMILY Y

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