



# GROUP FITNESS SCHEDULE

## Mind and Body

January 2, 2019

1.4.19

### Monday

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

Power Vinyasa  
Studio C  
Ana

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

Yoga For All  
Studio C  
Steve

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

L&L Intervals  
Studio C  
Lisa C.

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

**NEW TIME!**  
Healing Qigong  
(seated)  
Meeting Room  
Michelle Q

**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  
Susan J.

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

Hatha  
Studio C  
Greg

**7:45-8:15 PM**

Meditation  
Studio C  
Greg

### Tuesday

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

Hatha Yoga  
Studio C  
Nina

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

Essentrics  
Studio C  
June

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

Yoga For All  
Studio C  
Steve

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

**Pilates Mix - NEW!**  
Studio C  
Alice

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

Pilates Mix  
Studio C  
Jane

### Wednesday

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

**Zumba - NEW TIME!**  
Studio C  
Nicole

**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**

Dance Fusion  
Studio C  
Gayle

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

Slow Flow Yoga  
Studio C  
Vicki

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

Pilates Barre  
Studio C  
Francesca

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

Hatha  
Studio C  
Greg

**7:45-8:15 PM**

Meditation  
Studio C  
Greg

### Thursday

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

Core Barre  
Studio C  
Judy

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

Hatha  
Studio C  
Michelle D

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

Essentrics  
Studio C  
Dyan

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

Kundalini  
Studio C  
Greg

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

Hatha Yoga  
Studio C  
Maria

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

Pilates Mix  
Studio C  
Alice

### 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

**10:15-11:00AM**

**Chair Aerobics - NEW!**  
Meeting Room  
Ruth

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

Pilates Barre  
Studio C  
Jane

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

Tai Chi  
Studio C  
Deby G

**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  
Alice

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

L&L Yoga  
Studio C  
Amy V.

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

**Seated Yoga- NEW DAY!**  
Meeting Room  
Amy O

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

Essentrics  
Studio C  
June

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

Kundalini  
Studio C  
Mark

**4:00-5:00 PM**

Vinyasa  
Studio C  
Ana

### Sunday

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

Tai Chi  
Studio C  
Deby G

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

Y-Method  
Studio C  
Judy

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

Body Sculpt  
Studio C  
Robin

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

Vinyasa  
Studio C  
Ana

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

Family Yoga  
Studio C  
Mark

**4:00-5:00 PM**

Gentle Yoga  
Studio C  
Nancy

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



## 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.

**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 Core:** Pilates, & challenging strength training to build a stronger Core.

**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.

**Pilates Sculpt:** A series of exercises using body weight to tone and tighten the major muscle groups. Benefits include toning, shaping, core strength, and overall flexibility.

**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.

**TaiChi:** A low impact flowing exercise that puts minimal stress on muscles and joints, making it 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.

**Power Vinyasa:** A The class will be based on breath, alignment and centering. The flow will build heat leading to strength and flexibility. Asanas for balancing, holding and inversions will be included with regrouping poses.

**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.

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

**Light & Low Series: Seniors, New to exercise, Rehabilitating from injury, or simply looking for a more gentle style. Modifications will be offered for all levels of fitness.**

**Chair Aerobics:** This seated class will 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.

**Dance Fusion:** 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.

**Healing Qigong (Chee-gong) (seated class):** Sheng Zhen Healing Qigong is a restorative medical form that blends an ancient tradition with gentle, meditative movements performed seated on a chair. Sheng Zhen Healing Qigong is an integration of healing traditions, using the power of Nature to heal oneself.

**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.

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

### WESTPORT WESTON FAMILY Y

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