



GROUP FITNESS SCHEDULE

Mind and Body effective April 22, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

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

9:00-9:45 AM*

Ageless Grace
Meeting Room
Robin F

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
Studio C
Alice

5:30-6:30 PM

Pilates Mix
Studio C
Jane

***begins April 23**

Wednesday

8:00-9:00 AM

Zumba
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
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

6:30-7:30 PM

Zumba
Studio C
Beth

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
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

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 / INSTRUCTORS ARE SUBJECT TO CHANGE.
PLEASE CHECK SCHEDULE ONLINE OR ON OUR APP.**

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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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.

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: Low impact flowing exercise with minimal stress on muscles and joints,. 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.

Ageless Grace: A brain/body fitness exercise program based on the science of neuroplasticity. Activate your brain with seated exercises that stimulate your neurons to maintain a healthy brain and body. Suitable for all ages and abilities.

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.**

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