



GROUP FITNESS SCHEDULE

Cardio and Strength

FALL 2019 (begins September 3)*

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday

6:00-6:45 AM
FitXpress
Glenda

8:00-9:00 AM
Total Body Conditioning
Beth

9:15-10:15 AM
POUND
Alice

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

10:30-11:30 AM
Strength Train Together
Michelle A

10:30-11:30 AM
Cycle
Mary Ann

5:30-6:30 PM
Cycle
Denise

6:15-7:15 PM
High Fitness
Britt

Tuesday

5:45-6:45 AM
Cycle
Serge

8:00-9:00 AM
Core-Barre
Francesca

8:15-9:00 AM
Cycle Express
Denise

9:15-10:15 AM
Cardio, Strength & Core
Lisa D

9:15-10:15 AM
Cycle
Denise

10:30-11:30 AM
Zumba
James

11:45-12:45 PM
Cardio Shred
Beth

5:30-6:15 PM
Cycle Express**
Lisa C

****BEGINS OCT 15**
6:30-7:30 PM
Strength Train Together
Elana
Studio A

Wednesday

8:15-9:00 AM
FitXpress
Judy

9:15-10:15 AM
Functional Fitness
Max

9:15-10:15 AM
Cycle
James

10:30-11:30 AM
Strength Train Together
Elana

11:45-12:30 PM
Cycle Express
Vicki

5:30-6:30 PM
Cycle
Colleen

6:15-7:15 PM
High Fitness
Britt

Thursday

5:45-6:45 AM
Cycle
Steve

8:00-9:00 AM
Functional Fitness
Beth

9:15-10:15 AM
Strength Train Together
Michelle A

9:15-10:15 AM
Cycle
Denise

10:30-11:30 AM
Zumba
James

5:30-6:15 PM
Cycle Express***
James
*****BEGINS OCT 17**

6:15-7:15 PM
Functional Fitness
Max
Studio A

Friday

8:05-9:00 AM
High Fitness
Pam

9:15-10:15 AM
Defend Together
Denise

9:15-10:15 AM
Cycle
Lory

10:30-11:30 AM
Strength Train Together
Michelle

11:45-12:30 PM
Cycle Express
Michelle

5:30-6:30 PM
Cycle
BEGIN DATE TBD

6:30-7:30 PM
Zumba
Beth
Studio C

Saturday

8:00-9:00 AM
Cycle
Joyce/Mary Ann

8:00-9:00 AM
Boot Camp
Beth

9:15-10:15 AM
Cycle
Colleen/Team

9:15-10:15 AM
Zumba
James

10:30-11:30 AM
Strength Train Together
Elana

Sunday

8:00-9:00 AM
Sweat & Sculpt
Judy

8:00-9:00 AM
Cycle
Norm/Fred

9:15-10:15 AM
Defend Together
Denise

9:15-10:15 AM
Cycle
Mary Ann/Norm

10:30-11:30 AM
Strength Train Together
Jenna

ALL CARDIO AND STRENGTH CLASSES ARE HELD IN STUDIO A/B UNLESS OTHERWISE NOTED.

CYCLE CLASSES ARE IN THE CYCLE STUDIO ON THE MAIN LEVEL.

**CLASSES / INSTRUCTORS ARE SUBJECT TO CHANGE.
PLEASE CHECK SCHEDULE ONLINE WESTPORTY.ORG/SCHEDULES
(SCROLL MID-PAGE) OR ON OUR APP.**

*updated 8/22/19

WESTPORT WESTON FAMILY YMCA

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

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: 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.

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.

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