



# GROUP FITNESS SCHEDULE

## Mind and Body

### Fall 2019 (begins September 3)\*

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

#### Monday

8:00-9:00 AM

Vinyasa Yoga

Robin

9:15-10:15 AM

Yoga For All

Steve

10:30-11:30 AM

Healing Qigong  
(seated)

Meeting Room

Michelle Q

10:30-11:30 AM

L&L Intervals

Lisa C.

11:45-12:45 PM

Core & More

Vicki

1:00-2:00 PM

Slow Flow Yoga

Vicki

5:30-6:30 PM

Pilates

Susan

6:45-7:45 PM

Hatha Yoga

Greg

7:45-8:15 PM

Meditation

Greg

#### Tuesday

8:00-9:00 AM

Sheng Zhen  
Meditation (Qigong)

Michelle Q

9:15-10:15 AM

Ageless Grace  
(BEGINS 9/10)

Meeting Room

Robin F

9:15-10:15 AM

Hatha Yoga

Nina

10:30-11:30 AM

Essentrics

June

11:45-12:45 PM

Yoga For All

Steve

1:00-2:00 PM

Pilates Mix

Alice

5:30-6:30 PM

Pilates Mix

Jane

#### Wednesday

8:00-9:00 AM

Zumba

Nicole

9:15-10:15 AM

Vinyasa

Susan J.

10:30-11:30 AM

L&L Intervals

Judy

11:45-12:45 PM

Total Body Sculpt

Beth

1:00-2:00 PM

Slow Flow Yoga

Vicki

5:30-6:30 PM

Pilates Barre

Francesca

6:45-7:45 PM

Hatha Yoga

Greg

7:45-8:15 PM

Meditation

Greg

#### Thursday

8:00-9:00 AM

Core Barre

Judy

9:15-10:15 AM

Hatha Yoga

Michelle D

10:30-11:30 AM

Essentrics

Dyan

11:45-1:00 PM

Kundalini Yoga

Greg

1:15-2:15 PM

Hatha Yoga

Maria

6:30-7:30 PM

Y-Method

Robin

#### Friday

8:00-9:00 AM

Yoga for All

Steve

9:15-10:15 AM

Vinyasa

Nina

10:15-11:00AM

Chair Aerobics

Meeting Room

Ruth

10:30-11:30 AM

Dance Fusion

Gayle

11:45-12:45 PM

Pilates Barre

Jane

1:00-2:00 PM

Tai Chi

Deby

5:15-6:15 PM

Yoga

Mark

6:30-7:30 PM

Zumba

Beth

#### Saturday

8:00-9:00 AM

Vinyasa Flow

Julian

9:15-10:15 AM

Pilates Mat

Alice

10:30-11:30 AM

L&L Yoga

Amy V.

10:30-11:15 AM

Seated Yoga

Meeting Room

Amy O

11:45-12:45 PM

Essentrics

June

1:00-2:00 PM

Kundalini Yoga

Mark

#### Sunday

8:00-9:00 AM

Laughter Yoga &  
Meditation

Amy O

9:15-10:15 AM

Y-Method

Judy

10:30-11:30 AM

Body Sculpt\*\*

Robin

11:45-12:45 PM

Vinyasa

Ana

1:00-2:00 PM

Family Yoga

Mark

4:00-5:00 PM

Gentle Yoga

Nancy

ALL MIND AND BODY CLASSES ARE HELD IN STUDIO C  
UNLESS OTHERWISE NOTED.

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

\*updated 8.22.19

\*\*Body Sculpt with  
Robin until 10/6

\*\*Power Yoga with  
Ana begins 10/13

#### WESTPORT WESTON FAMILY YMCA

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

#### QUESTIONS?

Denise Hotch – Fitness Coordinator  
dhotch@westporty.org



## Mind & Body\*

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**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.

**Laughter Yoga & Meditation:** Engage your inner child out to play using movements which activate diaphragmatic breathing and laughter. Session ends with meditation and sound healing.

**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.

**Total Body Sculpt:** Get leaner, stronger, toned and more fit using a variety of equipment and barres.

**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.

**Sheng Zhen Healing Qigong:** 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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