



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 (ENDS 10/15)
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 9.23.19

WESTPORT WESTON FAMILY YMCA

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

QUESTIONS?

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Mind & Body*

FOR YOUTH DEVELOPMENT®
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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.**

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