

**VIRTUAL GROUP FITNESS EXCHANGE PROGRAM  
WESTPORT WESTON FAMILY YMCA**



**Welcome to our Virtual Group Fitness Exchange Program!**

We have partnered with the Darien, Greenwich, Regional Y of Western CT (Brookfield) and Riverbrook (Wilton) YMCAs to bring you more virtual class offerings so you can keep moving from the comfort of your home. We would love to see you in person at our Y, but understand this might not be an option for you at this time. Members have access to all of these virtual classes at no additional cost. **If you would like to register for a virtual class hosted by another YMCA, please email or call the hosting Y to register (contact information below).**

**Questions:** Denise D. Hotch, Fitness Coordinator: [dhotch@westporty.org](mailto:dhotch@westporty.org)

**VIRTUAL OFFERINGS\*:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>7:15-7:45a Rock Solid Jessica Darien YMCA</b>					
<b>9:15-10:15a Yoga Ana Westport Weston Family YMCA</b>	<b>8:00-8:45a Core &amp; Weights Wendy R Greenwich YMCA</b>	<b>9:30-10:30a Essentrics Dyan Westport Weston Family YMCA</b>				<b>9:15-10:15a Pilates Nada Regional YMCA</b>
<b>11:45-12:45p Yoga Drew Regional YMCA</b>			<b>11:00 -11:30a Lite &amp; Easy Karen Darien YMCA</b>		<b>11:45-12:45p Pilates Barre Jane Westport Weston Family YMCA</b>	
	<b>12:30-1:15p Silver Sneakers Sharon Riverbrook (Wilton)</b>		<b>5:00-6:00p Pilates Jane Westport Weston Family YMCA</b>	<b>12:00-1:00 Barre Wendy R Greenwich YMCA</b>	<b>12:30-1:15p Silver Sneakers Sharon Riverbrook (Wilton)</b>	
			<b>6:45-7:45p Yoga Ana Westport Weston Family YMCA</b>			

\*Schedule subject to change. [westporty.org/schedules](http://westporty.org/schedules)

**Darien YMCA:** Jessica Benedetto, Director of Health & Fitness: [jvansciver@darien-ymca.org](mailto:jvansciver@darien-ymca.org) 203-655-8228

**Greenwich YMCA:** Christine Lavin, Sr. Director of Initiatives; Wellness, Programming & Membership: [wellness@gwymca.org](mailto:wellness@gwymca.org) 203-869-1630

**Regional YMCA:** Debbie Nichols, Physical Director of the Regional YMCA of Western CT: [dnichols@regionalyymca.org](mailto:dnichols@regionalyymca.org) 203.775.4444 x136

**Riverbrook (Wilton) YMCA:** Maryann Genuario, Senior Director of Healthy Living: [magenuario@riverbrookymca.org](mailto:magenuario@riverbrookymca.org) 203-762-8384 x282

**Westport Weston Family YMCA:** Denise D. Hotch, Fitness Coordinator: [dhotch@westporty.org](mailto:dhotch@westporty.org) 203-226-8981 x111

## **CLASS DESCRIPTIONS (all classes are open to all levels and abilities):**

**Barre:** Lengthen and tone with dance derived postures that contain elements of ballet, yoga, and Pilates.

**Core & Weights:** Focus on exercises using free weights throughout the class. Finish off with a focus on core work.

**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.

**Lite & Easy:** Appropriate for beginners, older adults and those who may be recovering from injury. No jumping or weightlifting is involved. This class is great for improving cardiovascular health, flexibility, and overall stability.

**Pilates:** Beginning with the fundamentals and moving through traditional Pilates exercises. Strengthen, lengthen and tone core muscles through controlled movement and breath. Improve balance, flexibility and body awareness.

**Pilates Barre:** This class integrates elements of Pilates, dance, cardio & strength training. Benefits include toning, shaping, core strength and overall flexibility. Light weights/ball may be included to increase the intensity & heart rate.

**Rock Solid:** Strengthen and tone your core and other major muscle groups in a minimal amount of time. Body weight exercises, resistance work, and strength training.

**Silver Sneakers:** Try a safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength plus cardio endurance for our active older adults. Please note the Westport Weston Family YMCA does not participate in the Silver Sneakers program.

**Yoga:** Breathe, move and flow at your pace. Traditional asanas (postures) are linked together in a series of movements that are synchronized with the breath.

## **FAQ:**

### **WHAT DO I NEED TO TAKE A CLASS?**

A strong internet connection and either a tablet, computer or phone enabled with a camera.

### **DO I NEED EQUIPMENT?**

Most live stream classes require a mat, towel, water, yourself and the will to move! Additionally, a pair of dumbbells, resistance bands or balls may be used, but are not required (you can improvise or skip them).

### **HOW MUCH SPACE DO I NEED?**

You should have enough room to lie down on your mat. It's also best to stand at least 6 feet from the camera when starting the workout, so your instructor can monitor your form and provide proper feedback.

### **HOW DO I SIGN UP?**

Virtual classes are no extra cost for our Y members. Please register for classes offered by our YMCA via your membership account on [westporty.motionvibe.com](http://westporty.motionvibe.com). The Zoom link will be in class details. If you wish to participate in another Y's class, please contact that Y directly.

**If you are from another Y participating in the Virtual Exchange program and would like to take one of our classes, please call the Westport Weston Family YMCA to sign up: 203-226-8981. A specific Zoom link will be emailed to you directly. This will be your access link to join at the time of class!**