

YWCA New Britain

Group Exercise Schedule

January 2 — May 4, 2024

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New Britain

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p>Virtual Yoga 7-7:30 a.m.</p> <p>Vintage Vibes (Senior Class) 12:30-1:15 p.m. Anna</p> <p>Spin 5:30-6:00 p.m. Val</p> <p>Barre (Women Only) 6:10-6:50 p.m. Val</p>	<p>Yoga 12:00-12:30 p.m. Ysanne</p> <p>Pickle Ball Large Gym Non-members \$10 5:30-7:00 p.m.</p> <p>Totally Toned 5:45-6:30 p.m. Denise</p> <p>Yoga (Women Only) 6:45-7:30 p.m. Jackie</p>	<p>Pickle Ball Large Gym (Senior Center Class) 9:00-11:00 a.m.</p> <p>Zumba™ (Women Only) 2:00-2:45p.m. Anna</p> <p>Spin 5:30-6:15p.m. Beth</p> <p>Strength with Stability Balls 6:25-6:55 p.m. Beth</p>	<p>Yoga 10:00-10:45 a.m. Ysanne</p> <p>Spin 5:15-5:45pm Megan</p> <p>Totally Toned (Women Only) 5:45-6:30 p.m. Denise</p>	<p>Virtual Yoga 7-7:30 a.m.</p>	<p>Spin 9:15-10:00 a.m. Beth</p>

Women only and Senior Classes are available.

PRE-REGISTRATION FOR GROUP CLASSES IS PREFERRED.

Use this web address to reserve your spot in class: <https://ywcanbfitness.as.me>

See reverse side for class descriptions and virtual yoga QR code.

\$10 Day Passes are available.

YWCA New Britain
19 Franklin Square
New Britain, CT 06051
860-225-4681 x304
www.ywcanb.org

Group Exercise Class Descriptions Special Events & Building Schedule

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Totally Toned: A total body sculpt for all levels, using various types of equipment and low-impact cardio to increase overall strength, endurance, and self-esteem.

Vintage Vibes (Senior Class): The focus of this class is to improve your ability to stay active and enjoy daily living activities with less pain, better balance, more flexibility, and better range of motion.

Spin: A musically driven cycling class on Spinner Pro® indoor bikes. Instructors guide you through periods of low, moderate, and high exertion by varying resistance and pace. Builds endurance and lower-body strength. If you're new, just stay for two or three songs!

Yoga: A creative, eclectic blend of many yogic traditions and styles including Hatha, Vinyasa Flow and gentle stretch. Modifications will be shown for various levels from beginner to advanced yogi. Perfect for those who want it all! (Bring your own Yoga mat)

Zumba™: This class mixes low-intensity and high-intensity moves for an interval style calorie burning dance party! Once the Latin and World rhythms take over, you'll see why Zumba™ Fitness Classes are often called exercise in disguise.

Strength with Stability Balls: This full body, low-impact class, with help your body become one unit. It will help you wake up your core muscles as well as tone and strengthen the rest of your body. The stability ball can be sat on, used as a weight or a prop depending on the exercise. Each class will be different and fun, while listening to upbeat music of all genres.

Barre: Low-impact class for all levels will give you the perfect sculpt, building both muscular endurance and strength. The motivating playlists will push you through the large amount of reps and small movements. You'll walk out of class feeling stronger, more toned and accomplished.

Pickle Ball: a paddle sport (played indoor or outdoor) where players hit a perforated hollow polymer ball over a 36-inch-high net using solid-faced paddles. Opponents on either side of the net hit the ball back and forth until one side commits a rule infraction. Players must have some knowledge of pickle ball. Classes are non-instructor lead and are self taught. (Wednesdays are free if you are a member of the Senior Center. Tuesdays are \$10 for non-members holders)

SPECIAL EVENTS & BUILDING SCHEDULE

Gym Hours:

Mon—Fri 6:30am-8pm
Saturdays 9am—2pm

Building Closings:

COVID Guidelines:

YWCA will make determinations based on CDC Community Level transmission rates, and guidance is subject to change. GREEN Community Transmission rates will indicate an OPTIONAL mask wearing protocol for those not experiencing any symptoms. Please refer to our website for more details.

Virtual Yoga:

M/F from 7-7:30am
Scan QR code to join the class



YWCA's Main Facebook Page: <https://www.facebook.com/ywcanb>

YWCA's Facebook Wellness Group (YWCA New Britain Wellness Group): <https://bit.ly/32zlQzO>

Class Reservations 'Acuity': <https://ywcanbfitness.as.me> or download the acuity scheduling app