

# YWCA New Britain Group Exercise Schedule May 6 — August 31, 2024

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empowering women  
**YWCA**  
New Britain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Vintage Vibes (Senior Class)</b> 12:30-1:15 p.m. Anna</p>	<p><b>Yoga</b> 12:00-12:30 p.m. Ysanne</p>	<p><b>Pickle Ball Walnut Hill Park (Senior Class)</b> 8:30-10:30 a.m.</p>	<p><b>Yoga</b> 11:00-11:45 a.m. Ysanne</p>		
<p><b>Spin</b> 5:30-6:00 p.m. Beth</p>	<p><b>Walking and Waistline Workout</b> 5:45-6:30 p.m. Denise</p>	<p><b>Spin</b> 5:30-6:00p.m. Beth</p>	<p><b>Totally Toned (Women Only)</b> 5:45-6:30 p.m. Denise</p>		
<p><b>Pilates (Women Only)</b> 6:10-6:40 p.m. Beth</p>		<p><b>Zumba™ (Women Only)</b> 2:00-2:45p.m. Anna</p>	<p><b>Dance Cardio</b> 6:45-7:45p.m. Paulette</p>		
		<p><b>Upper Body and Core</b> 6:10-6:40 p.m. Michelle</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://ywcanebfitness.as.me>  
\$10 Day Passes are available.

YWCA New Britain  
19 Franklin Square  
New Britain, CT 06051  
860-225-4681 x304  
[www.ywcaneb.org](http://www.ywcaneb.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.

**Upper Body and Core:** 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 your upper body. Different types of equipment will be used from dumbbells, bands, balls etc. Each class will be different and fun, while listening to upbeat music of all genres.

**Pilates:** This class is similar to mat pilates by focusing on postural alignment, strengthening and balancing muscles around the spine, as well as core muscles. This class utilizes a resistance band to sculpt and tone muscles, while incorporating pilates moves.

**Walking and Waistline Workout:** In this class, you will use your body weight to strengthen and sculpt your waistline. Occasionally, weights may be used. Each class will begin with a 20 minute walk outside (weather permitting) or there will be options inside.

**Dance Cardio:** This class combines light bodyweight conditioning, dance and aerobics to give you a full body workout. Elements are performed to the beat of the music, and you can get in the best shape of your life while having fun. All levels are welcome.

**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

### SPECIAL EVENTS & BUILDING SCHEDULE

#### Gym Hours:

Mon—Fri 6:30am-8pm  
Saturdays 9am—2pm

#### Building Closings:

May 27th— Memorial Day  
June 19th— Juneteenth

#### 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.

#### Website:

<https://ywcamb.org/>

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

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

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