

# YWCA New Britain

## Group Exercise Schedule

### September 3– December 21

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# ywca

New Britain

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<p><b>Vintage Vibes (Senior Class)</b> 12:30-1:15 p.m. Anna</p> <p><b>Spin</b> 5:30-6:00 p.m. Beth</p> <p><b>Pilates (Women Only)</b> 6:10-6:40 p.m. Sheryl</p> <p><b>Stretch it Out (Women Only)</b> 6:45-7:15p.m. Sheryl</p>	<p><b>Yoga</b> 12:00-12:30 p.m. Ysanne</p> <p><b>Sculpt and Pump</b> 5:45-6:30 p.m. Denise</p> <p><b>Pickleball See reverse side for details</b> 5:30-7:30p.m.</p>	<p><b>Pickleball See reverse side for details (Senior Class)</b> 9:00-11:00 a.m.</p> <p><b>(CCARC ONLY) Fitness class</b> 10:30-11:30 a.m. Anna</p> <p><b>Zumba™ (Women Only)</b> 12:00-12:45p.m. Anna</p> <p><b>Spin</b> 5:30-6:00p.m. Beth</p> <p><b>Strength with Steps</b> 6:10-6:45 p.m. Michelle</p>	<p><b>“Y” Strong (Women Only)</b> 5:45-6:30 p.m. Denise</p>		<p><b>Spin</b> 9:15-10:00a.m. Beth</p> <p><b>Fitness Center Circuit</b> 10:15-10:45a.m. Denise</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>

\$10 Day Passes are available.

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

# Group Exercise Class Descriptions Special Events & Building Schedule

September 3– December 21, 2024

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**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!

**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.

**Stretch it Out:** Head to toe stretching to help you relieve muscle discomfort, aid recovery and give your body some relaxation. In 30min you will get a whole new you to tackle your daily life. Bringing your own mat is optional.

**Sculpt and Pump:** This class will challenge your muscles with proper form and technique using weights and alternating repetitions. You will strengthen and sculpt major muscle groups that will improve body alignment as well as increase flexibility and endurance.

**“Y” Strong:** This class offers a full body workout focusing on fundamentals of power, endurance and functional exercises. Class structure will vary from circuits to weight training. Various workouts will help mold your adaptation of a challenging performance and have a result-driven experience.

**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 mat, optional)

**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 Steps:** Using a fun and challenging interval format, it alternates step exercises with strength training exercises. Cardio sections include easy-to-follow step moves, while strength segments use the step to add intensity.

**Fitness Center Circuit:** Machines organized in a circuit that alternates between upper- and lower-body muscles or pushing and pulling movements makes it possible for members to learn how to set up the machines for their needs.

**Pickle Ball:** (played indoor or outdoor) 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) Outdoor is played at Walnut Hill Park until weather becomes bad. Tuesday nights are open to all with a membership or day pass (indoor will start when weather gets bad). Players will be notified of the change.

## SPECIAL EVENTS & BUILDING SCHEDULE

### Gym Hours:

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

### Building Closings:

September 2– Labor Day  
November 11– Veterans Day  
November 28– Thanksgiving  
November 29– Black Friday  
November 30

### Other building closing dates

December 24  
December 25  
December 31

**There will be no classes December 23–28th. New schedule will start Dec 30th.**

**CCARC fitness class** is for members of the CCARC only who come to attend a workout class 1x per week. Please contact Michelle for more information.

### Website:

<https://ywcanb.org/>

**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