

YWCA New Britain

Group Exercise Schedule

December 30– April 26

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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>Vintage Vibes (Senior Class) 12:30-1:15 p.m. Anna</p> <p>Spin 5:30-6:00 p.m. Beth</p> <p>Barre (Women Only) 6:10-6:40 p.m. Beth</p>	<p>Yoga 11:30-12:00 p.m. Ysanne</p> <p>Fit for All (Women Only) 5:45-6:30 p.m. Denise</p> <p>Yoga 6:40-7:25 p.m. Jackie</p> <p>Pickleball Large Gym See reverse for details 5:30-7:30p.m.</p>	<p>Pickleball Large Gym See reverse for details (Senior Center Class) 9:00-11:00 a.m.</p> <p>(CCARC ONLY) Fitness class 10:30-11:30 a.m. Anna</p> <p>Zumba™ 12:00-12:45p.m. Anna</p> <p>Spin 5:30-6:00p.m. Beth</p> <p>Total Body Strength (Women Only) 6:10-6:45 p.m. Michelle</p>	<p>Balance and Strength 11:30-12:00pm Michelle</p> <p>Fit for All (Women Only) 5:45-6:30 p.m. Denise</p>		<p>Spin 9:15-10:00a.m. Beth</p> <p>Fitness Center Circuit 10:15-10:45am 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

Group Exercise Class Descriptions Special Events & Building Schedule

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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 Schwinn 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!

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.

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

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 world rhythms take over, you'll see why Zumba™ fitness classes are often called exercise in disguise.

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.

Total Body Strength: A bootcamp style class that uses weights, balls/bands, and body weight to tone and strengthen muscles. Weight training has been proven to increase metabolism and decrease body fat.

Balance and Strength: A series of movements that will help you maintain your balance, prevent you from falling and help you gain strength as you age. ALL fitness levels are welcome and modifications are made as we go.

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:

December 31st– New Years Eve

January 1– New Years Day
TBD for other dates-check back for details

Other building closing dates TBD

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