

YWCA New Britain

Group Exercise Schedule

April 28– August 30

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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/ Pilates Fusion 6:10-6:40 p.m. Beth</p>	<p>Yoga 11:30-12:00 p.m. Ysanne</p> <p>Walking and Waistline 5:45-6:30 p.m. Denise</p>	<p>Pickleball Walnut Hill Park See reverse for details (Senior Center Class) 8:30-10:30a.m.</p> <p>(CCARC ONLY) May-June 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>Stability Ball Strength 6:10-6:40 p.m. Beth</p>	<p>Balance and Strength May-June only 11:30-12:00pm Michelle</p> <p>“Y” Strong 5:45-6:30 p.m. Denise</p>		<p>Spin May-June only 9:15-9:45a.m. Beth</p> <p>Dance Fitness *NEW* 10:00-10:45am Amanda</p>

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/Pilates Fusion: low-impact, full-body workouts that blend ballet, dance, functional strength, and mind-body-inspired movements, targeting muscle tone, flexibility, and posture, suitable for all fitness levels.

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.

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.

Stability Ball Strength: 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.

"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.

Dance Fitness: This class is a form of dance-based exercise that combines cardiovascular activity with dance movements. It is a fun and engaging way to improve cardiovascular health, burn calories, and build coordination.

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:

May 26– Memorial Day
June 19– Juneteenth
July 4– Independence Day

Other building closing dates
September 1– Labor Day

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