

YWCA New Britain

Group Exercise Schedule

May 4 — 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 pm Anna</p> <p>Spin 5:30-6:00 pm Beth/Val</p> <p>Pilates 6:10-6:40 pm Beth/Val</p>	<p>Yoga 11:30-12:00 pm Ysanne</p> <p>Walking and Waistline 5:45-6:30pm Denise</p>	<p>Pickleball Walnut Hill Park See reverse for details (Senior Center Class) 8:30-11am</p> <p>Zumba™ 12:00-12:45pm Anna</p> <p>Spin 5:30-6:00pm Beth</p> <p>Fitness Center Strength 6:10-6:40 pm Beth</p>	<p>Fit for All with a Ball 5:45-6:30pm Denise</p>		<p>Spin 9:15-9:45am Beth</p> <p>Fitness Center Circuit 9:55-10:30am Beth/Denise</p> <p>No Saturday classes in July and August</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!

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.

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.

Fit For All With A Ball: An overall body sculpting class for all levels incorporating weights and a stability ball. Each class will introduce you to a variety of exercises to tone and increase muscle strength.

Fitness Center Strength/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.

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.

Walking and Waistline: Each class will begin with a fast-paced 20 minute walk outside (weather permitting with indoor options). You will use your body weight to strengthen and sculpt your waistline. Occasionally, weights may be used.

SPECIAL EVENTS & BUILDING SCHEDULE

Gym Hours:

Mon—Fri 6:30am-8pm
Saturdays 9am—2pm

Building Closings:

May 25– Memorial Day
June 19– Juneteenth
July 3– Independence Day

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/32z1QzO>

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