



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:10 – 10:10 Zumba/ Main Aqua Aerobics/ Pool <b>Vinyasa Flow/ Studio Y</b>	9:10 – 10:10 Interval Training/Main Cycling/ Studio Y Aquacize / Pool	9:10 – 9:55 Step / Main	9:10 – 10:10 Strength Training/Main Aquacize/ Pool	9:10 – 10:10 Cardio Kick Box/ Main Aqua Aerobics/ Pool	9:00 :- 9:55 Zumba/ Main	9:15 – 10:15 Step/ Main
		9:10 – 10:10 <b>Vinyasa Flow / Studio Y</b> Aqua Aerobics/ Pool	9:15 – 10:00 <b>Cycling 101 / Studio Y</b>		9:10 – 10:10 Cycling/Studio Y H2O Power/ Pool	
		10:00-11:15 Strength Challenge/ Main			10:00 -10:55 <b>Cardio Sculpt 101/ Main</b>	
10:15 -11:15 <b>Hatha Yoga 101/ Main</b> Aqua Aerobics/Pool		10:15 -11:15 H2O Power/Pool		10:15 -11:15 Aqua Aerobics/Pool		
12:30 – 1:30 SilverSneakers® Silver Splash/ Pool	12:30 – 1:30 SilverSneakers® Muscular Strength/ Main	12:30 – 1:30 SilverSneakers® Silver Splash/Pool	12:30 – 1:30 SilverSneakers® Muscular Strength/ Main			
1:00 – 2:00 SilverSneakers® Cardio Circuit/ Main		1:00 – 2:00 SilverSneakers® Cardio Circuit/ Main				
5:00—6:00 ZumbAtomic® / Main	5:00 – 5:45 Yoga Kids/ Main	5:00—6:00 ZumbAtomic® / Main		<b>5:45 – 6:45 Zumba</b>		
6:00 -7:00 Pilates/ Main	6:00 – 7:25 Yoga / Main	6:00 – 7:00 Cardio Kick Box/ Main	6:00 – 7:25 Yoga/ Main			
6:45 – 7:45 H2O Power/Pool	6:45 – 7:45 H2O Power/Pool	6:45 – 7:45 Liquid Cardio/Pool	6:45 – 7:45 H2O Power/Pool			
7:05 – 8:05 Cardio Kick Box/ Main	7:00 – 8:00 Cycling/ Studio Y	7:05 – 8:05 Zumba/ Main	7:00 – 8:00 Cycling/Studio Y			
	7:30 – 8:30 Step/ Main	<b>7:15 – 7:45 Cycling 101/ Studio Y Begins March 7</b>	<b>7:30 – 8:00 Step 101 / Main Begins March 8</b>			
			<b>8:05 – 8:35 Strength 101/ Main Begins March 8</b>			

**Key:**

**Main = Main Studio, Large Room at the end of the hallway**

**Studio Y = Small room to the right of the entrance**

**Bold = New Class**

**Session Dates: Feb. 26 – April 21**

**Group Fitness Class Policy for days off:**

We will run fitness classes continually through out the year, except on the following days:

Martin Luther King, Presidents Day, Good Friday, Memorial Day, July 4<sup>th</sup>, Labor Day, Columbus Day, Veterans Day, Day after Thanksgiving, the week between Christmas and New Years and any day the YMCA is closed.

Weekday AM Classes during the Milford School Districts Winter & Spring Breaks.

During the summer, the weekday AM classes in the Main Room will not run if we have thunder & lighting or a heat advisory.

Woodruff Family YMCA

631 Orange Avenue, Milford CT 06461

P 203 878 6501 F 203 878 0619

W woodruffymca.org

Updated 2/28/2012



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## **Group Fitness Class Descriptions**

**“101” Classes**– these classes are designed for those getting back into exercise and those wanting to start a new type of exercise. They will include more specific instruction on how to safely & effectively perform the exercises in a comfortable environment.

### **Cardio Classes**

#### **Cardio Kickboxing**

Learn to use body movements to build self confidence, release stress and empower yourself. Class uses upper and lower body kick boxing moves with the bag.

#### **Cardio Sculpt 101**

You will get your weekend off to a great start with our combination of cardiovascular and muscular conditioning, utilizing the step and a variety of strength equipment.

#### **Cycling**

Come in and spin out with us! Awesome music will set the course for your indoor `ride` on stationary bicycles. Pre-sign up required for each individual class begins at 5pm the evening before.

**Cycling 101** Come learn how to set up your bike, the difference between a fast flat & a sprint, what it means to be “in or out of the saddle”, and take a ride that is just for you!

#### **Step**

Cardio workout using the step keeps you on your toes and moving to the beat.

#### **Step 101**

Learn what a “basic right, turn step, over the top” actually is and how to do it! Before you know it you will be hopping on & off the step like a pro!

#### **Zumba®**

Join the party and get your body moving. Latina and other exotic music with slow and fast rhythms will get your heart pumping and your spirit smiling.

#### **ZumbaAtomic®**

Designed exclusively for kids (ages 4-12), Zumbatomic classes are rockin’, high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination. Zumbatomic rounds out family fitness goals by giving parents a great reason to head to the gym – for themselves, for their kids, for a totally fun family experience.

### **Strength Classes**

#### **Interval Training**

Add some variety to your workout with 4 minute intervals of weights and cardio

#### **Pilates**

Is the method of exercise created by Joseph H. Pilates, which combines aspects of Dance Therapy, Yoga and Core Conditioning? This class uses floor exercises & various Pilate’s props to enhance the exercises performed.

#### **Strength Challenge**

Target all your major muscle groups utilizing an interval format of strength/cardio bursts and a variety of equipment.

#### **Strength Training**

Strengthen the whole body using a variety of strength equipment.

#### **Strength 101**

Learn how to perform strengthening exercises with various equipment and with good form. At a pace that is right for you.

### **SilverSneakers® Classes**

#### **SilverSneakers® Muscular Strength**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

#### **SilverSneakers® Cardio Circuit**

Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout

Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises

#### **SilverSneakers® - SilverSplash**

Activate your aqua exercise urge for variety! SilverSplash® offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

### **Yoga Classes**

#### **Yoga**

Come discover how the meditation and postures used in yoga are a great path to health, fitness and healing.

#### **Hatha Yoga 101**

Great for beginners, relaxing for all. Special attention is paid to alignment, form and breath, increasing strength, balance and flexibility. Rejuvenating movement is followed by relaxing guided meditation, helps reduce and manage stress. No Yoga experience required.

#### **Vinyasa Flow**

Vinyasa Flow is a Yoga practice that moves with the breath through various poses to stretch, strengthen and connect with inner power. Focus is on proper foundation, accessing the entire deep core line to safely align the body in fun and challenging postures.

This class is open to all regardless of Yoga experience, clear instructions and demonstration will be given. However the practice will be physically strenuous, students should be able to support their weight on their hands in full plank position.

### **Water Classes**

#### **Aquacize**

This class uses controlled, non-impact exercises and water walking to improve muscular strength, flexibility and agility.

#### **Aqua Aerobics**

Have fun & improve your fitness level during this shallow water class. Cardio workout is followed by resistance training and cool down float/stretch.

#### **H2O Power**

Feel your power as you improve both cardiovascular and muscular strength in the deep end of the pool. You must wear a flotation belt or use a water horse for this class.

**Liquid Cardio** Get yourself moving in this class while you are getting a total body workout in shallow water.



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# 101 Classes

Are you just getting back into exercising? Do you want to try a brand new type of exercise?

If so, these classes have been designed just for you! They will include more specific instruction on how to safely & effectively perform the exercises in a comfortable environment.

Come join us and see how simple and fun it is to live healthy!

## When

Hatha Yoga 101	Main Studio	Monday	10:15 – 11:15am	Begins Feb 27
Cycling 101	Studio Y	Thursday	9:15 – 10:00 am	Begins March 1
Cardio Sculpt 101	Main Studio	Saturday	10:00 – 10:55 am	Begins March 3
Cycling 101	Studio Y	Wednesday	7:15 – 7:45 pm	Begins March 7
Step 101	Main Studio	Thursday	7:30- 8:00 pm	Begins March 8
Strength 101	Main Studio	Thursday	8:05 – 8:35 pm	Begins March 8

## Spring Session Dates

February 26 – April 21

## Contact

Amanda Berry, Health and Wellness Director, x3118

## Facility Member

Included

Non- Members

\$12 per class or 8 week session \$80

## Additional Info:

We recommend the following:

Wear clothes that are comfortable to move in and layered.

Bring and change into clean sneakers.

Bring water, a sweat towel and a smile.

See Class descriptions on the Back.



## WOODRUFF FAMILY YMCA

631 Orange Avenue Milford, Ct 06461

P 203 878 6501 F 203 878 0619 [www.woodruffymca.org](http://www.woodruffymca.org)



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### **Strength Classes**

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