

**SUMMER 2009 GROUP FITNESS/MIND BODY/ SPIN CLASS SCHEDULE**  
June 20 - Sept 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Kripalu Yoga 7:30 - 8:30a Maria Board Room	Spin 5:40-6:40a Clay	Bosu Bars and Balls 7:45 - 8:30a Lory Studio	Spin 5:40-6:40a Steve		Spin 8:15-9:15a Amelie	
Zumba 8:30 - 9:30a Amelie Studio	Hatha Yoga 8:15-9:30a Leslie Bresslin Rm.	Spin 8:30-9:15a Dave	Taiji Shen Gong 8:30 - 9:30a Mark Studio	Dance Fusion 8:30-9:30a Gayle Studio	Zumba 8:30 - 9:30a Karen Studio	
Spin 9:00- 10:00a Dave	Stretch, Strength, Relax 9:00 - 10:00a Shelley Upper Gym	Dance Fusion 8:30 - 9:30a Gayle Studio	Spin 9:00 - 10:00a Judy	Kickboxing 9:00 - 9:30a Shelley Upper Gym		Spin 9:15-10:15a Patty
Step 9:30 - 10:30a Diana Studio	Zumba 9:30 - 10:30a Diana Studio	Two for One 9:30 - 10:30a Shelley/Judy Studio/Upper Gym	Half & Half 9:00 - 10:00a Shelley Bresslin Room	Body Conditioning 9:30-10:15a Shelley Upper Gym	Pilates Mat 9:30 - 10:30a Jane Studio	Zumba 9:30-10:30a Diana Studio
Body Conditioning 9:30 - 10:15 Shelley Upper Gym			Cardio Core "n More 9:30-10:30a Jill Studio			
	15 Minutes of Abs 10:15 - 10:30a Stretch Rm.	15 Minute Yoga Stretch 10:00 - 10:15a Stretch room	Pilates Mat 10:00 - 11:00a Cristina Upper Gym	Yoga 10:15-11:30a Greg Studio	Vinyasa Yoga 11:00-12:15p Cheryl Board Room	Pilates Mix 10:30 - 11:30a Pam Studio
		Hatha Yoga 10:30a - 12:00n Leslie Bresslin Room	15 Minute of Abs 10:15-10:30a Stretch Rm.			
	Ballet Barre Workout 10:45 - 12:00p Lisa Studio					Yoga 11:30a - 12:30p Nancy Studio
Yoga for All Board. Rm. 5:00 -6 :00p Maria						
Step & Sculpt 6:00 - 7:00p Jill F. Studio	Pilates Mat 6:00 - 7:00p Pam Bedford Room	Zumba 6:00-7:00p Jill Bedford Rm.	Pilates Mix 6:00 - 7:00p Pam Studio			
	Kripalu Yoga 7:00 - 8:15p Greg Board Room Spin 7:15-8:00p Shelly	Spin 6:30-7:30p Amelie	Yoga 7:00-8:15p Trina Bedford Rm.			

Call the Family Y for more information (226-8981 x198) or email Shelley Moll (smoll@westporty.org) with any questions about Group Fitness.  
Class schedule subject to change. Check bulletin board outside Aerobic Studio.

**15 minute of Abs:** If time is a factor, try our 15 minute class, targeting the core muscles.

**15 minute Yoga Stretch:** Basic yoga stretches to improve your flexibility.

**Yoga:** A powerful, dynamic, alignment oriented style of yoga. This form is practiced using the body's strength to keep the muscles engaged while stretching. The class uses basic poses with the breath throughout each posture, ending with a nice relaxation piece. It is well suited for the beginner as well as the experienced participant.

**Ballet Barre Workout:** Traditional Ballet class with barre work and center floor practice. Learn fundamental principles, steps, body placement and execution of classical ballet. Acquiring this understanding, will help the beginner through advanced dancer improve with ease.

**Body Conditioning:** A body conditioning class designed to target individual muscle groups. Bands, stability balls, tubes weights and body bars are used to increase the effectiveness and intensity of the workout. All levels.

**Bosu ,Bars and Balls:** Sculpt your upper body, legs, glutes, hamstrings and quads while strengthening your core muscles using a variety of equipment.

**Cardio Core “n More:** This challenging workout includes step circuit training that combines cardio and weights. Lots of multi joint exercises, rotation for the core muscles with some kickbox, pilates and basic step moves. Beginners and advanced can enjoy this high energy class.

**Dance Fusion:** Elements from many different dance styles blended together to form this aerobic workout. Let the music move you. All levels can enjoy this mind body class.

**Half and Half:** Easy to follow 30 minute low impact aerobic workout followed by 30 minutes of total body toning.

**Hatha Yoga:** In this class we focus on physical poses (asanas) and breathwork to develop better body awareness, balance, strength with flexibility and more sensitive to how energy moves through our body. All levels welcome.

**Kickbox Xpress:** 45 minutes of high energy cardio kickboxing. Strike, punch and kick your way to a high calorie burn workout.

**Kripalu Yoga:** Incorporates three stages of development – postural alignment, meditation with longer posture holding, meditation in motion. This integrated process promotes physical healing, emotional development and spiritual awakening. These classes will explore asana (postures), pranayam (breathing techniques), yoga nidra (relaxation) and meditation.

**Pilates Mat:** A Pilates certified instructor helps you to accomplish physical and mental conditioning through floor exercises performed with specific breathing patterns. Pilates strengthens major muscle groups, improves body alignment, and increases flexibility. All levels.

**Pilates Mix:** A more advanced class using the Magic Circle and Ballecore Barre. This class will transition from one position to another while

focusing on building strong core strength and flexibility.

**Spin:** Spinning is an indoor cycling class designed for people of all ages and abilities. The focus is improving cardiovascular fitness, and you can ride at your own pace as an instructor guides you on a journey to great music.

**Step:** High energy all step, from beginning to end. Learn fun choreography to motivating music. Intermediate/Advanced levels.

**Stretch, Strength & Relax:** Light weight body sculpting class with delicious stretches throughout. Beginner/Intermediate

**Two for One:** Two instructors teaching one fun, high energy, non stop workout. You'll get your heart pumping and your muscles moving. This is a cardio/strength class at 2x the intensity.

**Taiji Shen Gong:** A system of gong composed of three sections; Heaven, Earth, and Humanity. With the practice of this form, you merge with nature and built better health through the transformation of yin and yang. All fitness levels will benefit from its practice. No previous experience necessary.

**Vinyasa Yoga:** This ancient art and science is practiced to remain fit, stay healthy or recover health; to balance the nervous system; to calm the mind, and to live in a more meaningful way. Classes focus on stretching, toning, strengthening and making the body more flexible. Breathing techniques are used to help quiet the mind and

bring more focus and balance to one's life.

**Yoga for All:** This class is geared toward all ages and all levels. Whether you're new to Yoga or have previous experience, you can enjoy the wonderful benefits this class has to offer.

**Zumba:** A dynamic and exciting class full of Latin and exotic music flavors. The class features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is fun, easy, effective and the most exciting workout ever, designed for everyone.