



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

GROUP EXERCISE SCHEDULE

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|----------------|---|----------------|--|----------------|---|----------------|--|----------------|--|---------------|---|
| AM | | AM | | AM | | AM | | AM | | AM | |
| 8:45 10:00 | Gentle Yoga Group X- Jocelyn | 5:30 6:30 | Strength Build Group X- Debra | 9:00 9:45 | Aquafit Pool - Tammy | 8:30 9:30 | Barre Group X - Krista | 8:00 8:45 | Spinning Spin - Krista | 8:00 8:45 | Muscle Mix Group X - Tammy |
| 9:00 9:45 | Deep Water Aquafit Pool - Tammy | 8:45 10:15 | Mat Yoga Group X- Jocelyn | 10:00 10:45 | AquaMotion Pool - Volunteer | 9:00 9:45 | Deep WaterFit Pool - Tammy | 8:30 9:30 | Chair Yoga Group X- Shari | 8:00 9:00 | Spinning Spin- Mike |
| 10:00 10:45 | Aquamotion Pool - Volunteer | 10:00 10:45 | AquaMotion Pool - Volunteer | | | 9:30 10:30 | Bootcamp Group X - Krista | 9:00 9:45 | Aquafit Pool - Tammy | 9:30 10:30 | Zumba Group X - Carolyn |
| | | | | | | 10:00 10:45 | AquaMotion Pool - Volunteer | 9:00 10:00 | Y Workout Naugatuck Senior Center - Krista | | |
| | | | | | | 10:30 11:30 | Enhanced Fitness Group X - Krista | 9:30 10:00 | Lets Move Cardio Group X- Shari | | |
| | | | | | | 11:00 12:00 | Chair Yoga Beacon Falls Senior Center- Shari | 10:00 11:00 | Y Workout Naugatuck Senior Center - Krista | | |
| | | | | | | | | 10:00 10:45 | AquaMotion Pool - Volunteer | | |
| | | | | | | | | 11:30 12:30 | Enhanced Fitness Group X - Krista | | |
| PM | | PM | | PM | | PM | | PM | | SUNDAY | |
| 5:15 6:00 | Aquafit Pool Volunteer | 5:30 6:30 | Sculpt & Tone Group X- Marlene | 5:15 6:00 | Aquafit Pool - Volunteer | 5:15 6:00 | Aquafit Pool - Volunteer | | | 9:30 11:00 | Slow Flow Yoga Group X- Jocelyn |
| 5:30 6:15 | Muscle Mix Group X - Liz | 5:30 6:30 | Spinning Spin - Mike | 5:30 6:15 | Zumba Group X - Sue | 5:30 6:15 | Step & Tone Group X - Marlene | | | | |
| 6:15 7:00 | Aquacize Pool - Tracey | | | 6:15 7:00 | Deep Water Aquafit Pool - Tammy | 5:30 6:15 | Spinning Activity Room - Mike | | | | |
| | | | | | | 6:15 7:00 | Aquablast Pool - Tracey | | | | |
| | | | | | | 6:45 7:45 | Aerial Yoga (Pre-registration required) | | | | |

FACILITY HOURS

Mon - Fri 5:30am - 9:00pm
Sat 7:00am - 3:00pm
Sun 8:30am - 3:00pm

NAUGATUCK YMCA
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CLASS DESCRIPTIONS

Aerial Yoga: Beginner to advanced yoga in a sling. Must reserve your sling in advance.

Aquafit: Moderate intensity water aerobics. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

AquaMotion: An aerobic water workout reducing impact on joints and increasing cardiovascular endurance.

Barre: Concentrated leg and core class with ballet, balance, and light weights, with high repetition.

Bootcamp: Intense full body workout with various equipment, interval training, and high cardiovascular/strength exercise.

Chair Yoga: Workout encompassing stretching, strength, and relaxation utilizing a chair for balance.

Deep Water Aquafit: Moderate intensity water aerobics held in the deep end of the pool. This class includes a cardiovascular workout followed by toning exercises using a variety of equipment in the water.

Enhanced Fitness: Modified class utilizing a chair for balance. Working on range of motion and strength.

Mat Yoga: A floor based yoga class that utilizes seated or kneeling postures to improve balance, flexibility, and strength. We often use props in this class.

Muscle Mix: Strength class using dumbbells, resistance bands, weight bars, and body weight to tone muscles and burn fat.

Sculpt & Tone: Strength based workout including cardiovascular exercise. Focus on building strength and toning muscles while using a variety of equipment and body weight.

SlowFlow Yoga: incorporates sitting, standing, and floor postures to improve strength, flexibility, and balance. It encourages movement with the breath and is easily adjusted to any fitness level. We often utilize props in this class!

Spinning: Varying intensity stationary cycle bike. Building cardiovascular endurance and lower body strength.

Strength Building For You: Building strength using weight resistance. Strengthen bones and muscle.

Y Workout: Full body workout using resistance bands, weights, and body weight. Moderate to high intensity workout improving upon strength and cardiovascular endurance.

Zumba: Fitness program through dance. Latin inspired culture, music, and rhythms to improve cardiovascular endurance all while strengthening and toning your entire body.

