# Farmington Valley YMCA Group Exercise Schedule

**NEW SCHEDULE BEGINNING 9/6/2016**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>Yoga For Strength</strong> 8:00-9:00 AM  JILL</td>
<td><strong>Body Challenge</strong> 5:45-6:45 AM  JILL</td>
<td><strong>Yoga For Strength</strong> 8:00-9:00 AM  LAURA</td>
<td><strong>Body Challenge</strong> 8:15-9:15 AM  SUZI</td>
<td><strong>Abs &amp; Glutes</strong> 5:45-6:30 AM  JEN</td>
<td><strong>Zumba ☺</strong> 8:00 - 8:55 AM  AMY</td>
<td><strong>Zumba ☺</strong> 11:05-12:05 PM  DONNA</td>
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<tr>
<td><strong>Kickbox ☺ 9:05-9:50 AM  Jackie</strong></td>
<td><strong>Definitions</strong> 8:15-9:15 AM  MARY F</td>
<td><strong>Yoga For Strength</strong> 8:00-9:00 AM  SUZI</td>
<td><strong>Body Challenge</strong> 8:15-9:15 AM  LAURA</td>
<td><strong>Vinayasa Flow Yoga</strong> 8:00-9:00 AM  JENIFER</td>
<td><strong>Hatha Yoga</strong> 9:00-10:00 AM  JILL</td>
<td><strong>R.I.P.P.E.D.</strong> 10:15 - 11:00 AM  MARY A</td>
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<td><strong>Body Challenge</strong> 10:00-11:00 AM  MELISSA</td>
<td><strong>Yoga</strong> 9:30-10:30 AM  MELISSA</td>
<td><strong>Strength And Power</strong> 9:15-10:00 AM  KRISTIN</td>
<td><strong>Yoga</strong> 9:30-10:30 AM  KRISTIN</td>
<td><strong>Kickbox ☺ 9:10-10:10 AM  Jackie</strong></td>
<td><strong>Super Sculpt</strong> 10:15 - 11:00 AM  MARY A</td>
<td><strong>Specialty Workshops</strong> 2:00-4:00 PM  JILL</td>
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<tr>
<td><strong>Pilates</strong> 11:15-12:00 PM  EMILY</td>
<td><strong>30 Minute Super Sculpt</strong> 10:45-11:15 AM  Jackie</td>
<td><strong>YogaLates</strong> 10:15-11:15 AM  KRISTIN</td>
<td><strong>30 Minute Super Sculpt</strong> 10:45-11:15 AM  KRISTIN</td>
<td><strong>Body Challenge</strong> 10:15-11:15 AM  AMY</td>
<td><strong>Vinayasa Yoga ☺</strong> 4:15-5:45 PM  JOHN</td>
<td><strong>SUPER SCULPT</strong> 9:00-10:00 AM  DONNA</td>
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<td><strong>LiveStrong</strong> 12:30-1:30 PM</td>
<td><strong>Zumba ☺</strong> 12:30:1:30 PM</td>
<td><strong>LiveStrong</strong> 12:30-1:30 PM</td>
<td><strong>LiveStrong</strong> 12:30-1:30 PM</td>
<td><strong>Core Crunch</strong> 11:30-12:00 PM</td>
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<td><strong>Livestrong</strong> 12:30-1:30 PM</td>
<td><strong>45 Minute Super Sculpt</strong> 4:45-5:30 PM  EMILY</td>
<td><strong>Zumba ☺</strong> 4:20-5:15 PM  SUE</td>
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<td><strong>Body Challenge</strong> 5:30-6:30 PM  TERRI</td>
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<td><strong>Hatha Flow Yoga</strong> 6:45-7:45 PM  CATHY</td>
<td><strong>Jukido (Sport Program)</strong> 6:30-7:30 PM  MARY A</td>
<td><strong>Yoga</strong> 6:10-7:10 PM  JOHN</td>
<td><strong>Jukido (Sport Program)</strong> 6:30-7:30 PM  JOHN</td>
<td><strong>Body Challenge</strong> 6:00-7:00 PM  LAURA A</td>
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## Studio One
- **Group Cycle** 5:45-6:45 AM  JILL
- **Group Cycle** 5:45-6:45 AM  JEN
- **Senior Strong** 9:30-10:15 AM  SUZI
- **Senior Strong** 9:30-10:15 AM  KATIE
- **Group Cycle** 9:30-10:30 AM  SUZI
- **Group Cycle** 9:30-10:30 AM  DONNA
- **Group Cycle** 5:45-6:45 PM  DAVE

## Studio Two
- **Group Cycle** 5:45-6:45 AM  DONNA
- **Group Cycle** 5:45-6:45 AM  KRISTIN
- **Group Cycle** 9:30-10:30 AM  MARY A

## Important Information

Yellow programs require registration.

- Studio One is located downstairs.
- Studio Two is the Cycling Studio, located upstairs.
- The Community Room is located downstairs.
- The PT Space is located across from the Wellness Center upstairs.
- All classes are accessible to ages 12 & older.
- **Family Friendly Class**: ages 8-11
CLASS DESCRIPTIONS

BODY CHALLENGE – Body Challenge is a class using weights that work to strengthen your entire body. This workout challenges all your major muscle groups by using the best weight-room exercises. Great music, awesome instructors and your choice of weights inspire you to get the results you come for—and fast!

BOOT CAMP – This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.

CARDIO INTERVAL CHALLENGE – A high intensity total body interval workout for a great strength training and cardio workout.

DEFINITIONS – A class designed to create long lean muscles and a strong core using light weights, ballet inspired lower body exercises and Pilates method core work. Energizing music sets the up-tempo pace for this low impact class where technique is emphasized for maximum results. Modifications provided for beginner, intermediate and experienced exerciser.

GROUP CYCLING – A high-energy class that simulates an actual ride targeting heart rate zone training, lower body strength, endurance, and lots of sweat.

HARD CORE – 30 minutes of Intense interval training designed to develop core strength and stability. Challenge your core to the max and feel instant results!

KICKBOX – High intensity intervals with a combination of aerobics, boxing, martial arts and toning exercises to zap calories and define your muscles.

PILATES – Ideal for those wishing to improve flexibility, balance and tone while strengthening core muscle groups. This non-impact, low-intensity workouts include stretching and core-muscle training exercises. Enhanced mobility, long, strong muscles, a flat stomach, strong back, improved posture and a more streamlined body can be achieved.

STRENGTH, STRETCH AND BALANCE – Improve balance, posture and flexibility, while strengthening your body with controlled, progressive movements. Gain insight into body awareness and complete your fitness regimen with this complete class.

YOGA – A multi-level class for both new and experienced students. Yoga will help cultivate self-awareness and stress reduction while exploring strength, flexibility and balance. Using breath work, alignment, postures, sequences and relaxation techniques, students will leave having learned tools to use for their life-long well-being.

YOGA FOR STRENGTH – Move through a series of postures that energize the mind and body, sculpt muscles, build core power, and increase strength and flexibility.

YOGA FLOW – An intermediate, more vigorous Yoga flow class. A series of postures linked with sun salutations. Knowledge of basic poses recommended.

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ZUMBA – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.

SENIOR STRONG – A chair based strength and agility class for seniors of all ages and abilities

30 MINUTE SUPER SCULPT – A 30 Minute quick paced total body strength training workout.

H.I.I.T.s – High Intensity Interval Training for a total body workout.

R.I.P.P.E.D. – A total body workout, utilizing resistance and cardio training, which includes endurance, interval, and plyometric exercises.