

**Southington Community YMCA Health & Wellness Class Schedule- VALID 08/30/10- 10/24/10**

**Revised On: 08/04/10**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Morning Classes</b>	Group Cycling 6* 5:30-6:15am	Group Cycling 6* 5:15-6:00am	Wednesday Windup 6* 5:30-6:30am	Group Cycling 6* 5:15-6:00am	Group Cycling 6* 5:15-6:00am	Group Cycling 6* 6:45-7:30am
	Early Riser Fitness 5 5:30-6:30am		Early Riser Fitness 5 5:30-6:30am	Mat Pilates 5 5:30-6:15am	Friday Morning Blast 5 5:30-6:30am	Yoga 101 2
						7:30-8:15am
		Abs & Back 5 6:05-6:30am				Abs & Back 5
						7:35-7:55am
						Group Cycling 6* 8:00-8:45am
				<i>Intermediate Yoga 2</i> <i>8:00-9:00am</i>		Zumba 5 8:15-9:00am
		Mat Pilates 2 9:15-10:00am		<i>Basic Adult Str. Trn1</i> 9:15-10:15am	Pilates 2 8:30-9:15am	<i>Outdoor Yoga 8</i> <i>8:30-9:30am</i>
<b>Mid-Morning Classes</b>	<i>Basic Adult Str. Trn1</i> Hi/Lo Sculpt 5 9:15-10:15am	<i>Basic Adult Str. Trn1</i> Step 5 9:15-10:15am	<i>Basic Adult Str. Trn1</i> Hi Lo Sculpt 5 9:15-10:15am	Get on the Ball 2 9:15-10:00am	<i>Adult Adv. Str. Trn. 1</i> Hi Lo Sculpt 5 9:15-10:15am	Group Cycling 6* 9:15-10:00am
	<i>Restorative Yoga 2</i> <i>9:15-10:30am</i>	Group Cycling 6* 9:30-10:15am	Group Cycling 6* Beg/Int Sculpt & Str 2 9:30-10:15am	Step' N Core 5 9:15-10:20am	Group Cycling 6* Beg/Int Sculpt & Str 2 9:30-10:15am	<b>SUNDAY</b>
	Group Cycling 6* 9:30-10:15am	<i>Hatha Yoga 2</i> <i>10:30-11:15am</i>		Group Cycling 6* 9:30-10:15am	Group Cycling 6* 9:30-10:15am	Group Cycling 6* 8:00-9:00 am
	Yoga 101 2 10:30-11:15am		Zumba 5 10:30-11:15am		PIYO 2 10:30-11:15am	
		SilverSneakers® - Muscular Strength		Gentle Aerobics 2 10:30-11:15am		
	Gentle Aerobics 5 10:30-11:15am	10:30-11:15am	<i>Vinyasa Flow Yoga 2</i> <i>10:30-11:30am</i>	SilverSneakers® - Muscular Strength		
	Intro to Str Tr. Women 2* 11:30-12:00pm			10:30-11:15am	SilverSneakers® - Muscular Strength 10:30-11:15am	
				Senior Stretch 5 11:30-12:00		

See back for afternoon/evening classes.

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Early Evening Classes</b>		Kid's Fitness Camp 4* 4:00-4:45pm	Youth Strength Tr. 1* 4:00-4:45pm	Kid's Fitness Camp 4* 4:00-4:45pm	Youth Strength Tr. 1* 4:00-4:45pm
	Girl Power Fitness* 4 4:15-5:00pm		Girl Power Fitness*2 4:15-5:00pm		
	Sculpt & Stretch 5 4:30-5:30pm		Sculpt & Stretch 5 4:30-5:30pm		Sculpt & Stretch 5 4:30-5:30pm
			Girl Strength Trn. 2 5:00-5:45pm		<b><i>Mom &amp; Me Yoga 5 5:45-6:15pm</i></b>
	Kid's Fitness Camp 4* 5:30-6:15pm	Zumba 5 4:30-5:15pm	Kid's Fitness Camp 4* 5:30-6:15pm	Zumba 5 4:30-5:15pm	
	<b><i>Hot Yoga 2 5:30-6:30pm</i></b>	PIYO 2 5:00-5:45pm	<b><i>Vinyasa Flow Yoga 2 5:30-6:30pm</i></b>	Jump and Sculpt 5 5:30-6:15pm	
<b>Evening Classes</b>	Group Cycling 6**		Group Cycling 6**	Group Cycling 6*	Class Locations 1-Health & Wellness 2-Women's Center 3-N/A 4-All Purpose Room 5-Aerobic Studio 6-Cycling Studio 7-Racquetball Court 8-Sloper 9-Bike Trail
	Interval Training 5 5:45-6:30pm	Boot Camp 5** 5:30-6:30pm	Interval Training 5 5:45-6:30pm	5:45-6:30 pm	
	PIYO 2 6:45- 7:30pm	Group Cycling 6* 5:45-6:30 pm		<b><i>Hot Yoga 2 6:00-7:00pm</i></b>	
		Pilates 5 6:45-7:30pm	Yoga 101 2 6:45-7:30pm	Boot Camp 5** 6:30-7:30pm	
	Zumba 5 6:45-7:30pm	<b><i>Restorative Yoga 2 6:45-8:00pm</i></b>	Zumba 5 6:45-7:30pm	<b><i>Yoga Run 9/2 6:30-8:15pm</i></b>	
	Group Cycling 6** 7:00-7:45pm	Group Cycling 6** 7:00-7:45pm	Group Cycling 6** 7:00-7:45pm	Group Cycling 6** 7:00-7:45pm	
	<b><i>Ballroom Dance 5 7:45-8:45pm</i></b>				

**Note: Classes are subject to change.**

**Classes in italics require a fee and registration.**

**Classes with an asterisk require registration only**

**All group cycling class reservations are made at the Health & Wellness Center Desk.**



Southington-Cheshire Community YMCAs

29 High Street, Southington, CT 06489

[860-628-5597 – www.southington-cheshireymca.org](http://www.southington-cheshireymca.org)



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Financial assistance available for qualifying individuals and families.