



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	
5:30 6:30	<b>Strength Build</b> Group X - Deb (Pre - Register)	8:30 9:15	<b>Chair Yoga</b> Group X - Shari	5:30 6:15	<b>Spinning</b> Activity Rm - Javairia	8:30 9:30	<b>Barre</b> Group X - Krista	5:30 6:15	<b>Muscle Mix</b> Group X - Liz	8:00 8:45	<b>Sculpt &amp; Tone</b> Group X - Tammy
8:30 9:30	<b>Y Workout</b> Group X - Shari	9:00 9:45	<b>Aquafit</b> Pool - Tammy	9:00 9:45	<b>Aquafit</b> Pool - Tammy	9:30 10:30	<b>Bootcamp</b> Group X - Krista	8:30 9:30	<b>Y Workout</b> Group X - Shari	8:00 9:00	<b>Spinning</b> Activity - Mike
9:00 9:45	<b>Deep Water Aquafit</b> Pool - Tammy	9:30 10:30	<b>Y Workout</b> Group X - Shari	10:00 10:45	<b>Aquamotion</b> Pool - Volunteer	9:00 9:45	<b>Deep Water Aquafit</b> Pool - Tammy	9:00 9:45	<b>Aquafit</b> Pool - Tammy	9:30 10:30	<b>Zumba</b> Group X - Carolyn
9:30 10:30	<b>Mindful Morning Yoga</b> Group X - Shari	10:00 10:45	<b>Aquamotion</b> Pool - Volunteer	12:00 12:30	<b>FIT Fusion</b> Group X - Javairia	10:00 10:45	<b>Aquamotion</b> Pool - Volunteer	9:00 10:00	<b>Y Workout</b> Naugatuck Senior Center - Krista		
10:00 10:45	<b>Aquamotion</b> Pool - Volunteer	11:00 11:45	<b>Deep Water Aquafit</b> Pool - Tammy			10:30 11:30	<b>Enhanced Fitness</b> Group X - Krista	10:00 11:00	<b>Y Workout</b> Naugatuck Senior Center - Krista		
						11:00 12:00	<b>Chair Yoga</b> Beacon Falls Senior Center - Shari	10:00 10:45	<b>Aquamotion</b> Pool - Volunteer		
								11:30 12:30	<b>Enhanced Fitness</b> Group X - Krista		
PM		PM		PM		PM		PM		SUNDAY	
5:15 6:00	<b>Aquafit</b> Pool Volunteer	5:30 6:30	<b>Sculpt &amp; Tone</b> Group X Room Liz	5:15 6:00	<b>Aquafit</b> Pool - Volunteer	5:15 6:00	<b>Aquafit</b> Pool - Volunteer	<div><b>FACILITY HOURS</b></div> <div><b>Mon - Fri</b>    <b>5:30am - 9:00pm</b></div> <div><b>Sat</b>            <b>7:00am - 3:00pm</b></div> <div><b>Sun</b>            <b>8:30am - 1:00pm</b></div>			
5:30 6:15	<b>Muscle Mix</b> Group X - Liz	5:30 6:15	<b>Spinning</b> Spin - Mike	5:30 6:15	<b>Zumba</b> Group X - Sue	5:30 6:15	<b>Sculpt &amp; Tone</b> Group X - Marlene				
6:15 7:00	<b>Aquablast</b> Pool - Tracey			6:15 7:00	<b>Deep Water Aquafit</b> Pool - Tammy	5:30 6:15	<b>Spinning</b> Activity Room - Mike				
						6:15 7:00	<b>Aquablast</b> Pool - Tracey				
						6:45- 7:45	<b>Aerial Yoga</b> Group X - Genevieve (pre-register)				
<b>NAUGATUCK YMCA</b> 284 Church Street Naugatuck, CT 06770 P: 203-732-8633 <a href="mailto:Wmcmr@naugatuckymca.org">Wmcmr@naugatuckymca.org</a>											

**NAUGATUCK YMCA**  
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### FACILITY HOURS

**Mon - Fri** 5:30am - 9:00pm  
**Sat** 7:00am - 3:00pm  
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## CLASS DESCRIPTIONS

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

**Aquablast:** high intensity water aerobics. This class focuses on building both cardiovascular endurance and overall strength training.

**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.

**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. May involve circuit training.

**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.

