



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	
8:30-9:30	<b>Y Workout</b> Group X - Shari	5:30-6:30	<b>Strength Build</b> Group X- Debra	8:45-10:00	<b>SlowFlow Yoga</b> Group X- Jocelyn	8:30-9:30	<b>Barre</b> Group X - Krista	5:30-6:15	<b>Muscle Mix</b> Group X - Marlene	8:00-8:45	<b>Muscle Mix</b> Group X - Tammy
9:00-9:45	<b>Deep Water Aquafit</b> Pool - Tammy	8:45-10:00	<b>Mat Yoga</b> Activity Room - Jocelyn	9:00-9:45	<b>Aquafit</b> Pool - Tammy	9:30-10:30	<b>Bootcamp</b> Group X - Krista	8:30-9:30	<b>Chair Yoga</b> Group X - Shari	8:00-9:00	<b>Spinning</b> Activity - Mike
9:30-10:30	<b>Mindful Morning Yoga</b> Group X - Shari	9:00-9:45	<b>Aquafit</b> Pool - Tammy	10:00-10:45	<b>AquaMotion</b> Pool - Volunteer	9:00-9:45	<b>Deep WaterFit</b> Pool - Tammy	9:00-9:45	<b>Aquafit</b> Pool - Tammy	9:30-10:30	<b>Zumba</b> Group X - Carolyn
10:00-10:45	<b>Aquamotion</b> Pool - Volunteer	10:00-11:00	<b>Y Workout</b> Group X - Shari			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			10:30-11:30	<b>Enhanced Fitness</b> Group X - Krista	10:00-11:00	<b>Y Workout</b> Naugatuck Senior Center - Krista		
		11:00-11:45	<b>Deep WaterFit</b> Pool - Tammy			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				
5:30-6:15	<b>Muscle Mix</b> Group X - Liz	5:30-6:30	<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>Aquacize</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> (Pre-registration required)				

NAUGATUCK YMCA  
284 Church Street Naugatuck, CT 06770  
P 203 729 9622 W [naugatuckymca.org](http://naugatuckymca.org)

**FACILITY HOURS**  
**Mon - Fri** 5:30am - 9:00pm  
**Sat** 7:00am - 3:00pm  
**Sun** 8:30am - 1:00pm



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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.

