



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 Room	8:30 9:15 <b>Chair Yoga</b> Group X Room	5:30 6:15 <b>Spinning</b> Activity Room	8:30 9:30 <b>Barre</b> Group X Room	5:30 6:15 <b>Muscle Mix</b> Group X Room	7:30 8:15 <b>Muscle Mix</b> Group X Room
9:30 10:15 <b>Enhance Fitness</b> Group X Room	9:00 9:45 <b>AquaFit</b> Pool	8:30 9:30 <b>Y Workout</b> Group X Room	9:30 10:30 <b>Bootcamp</b> Activity Room	9:00 9:45 <b>AquaFit</b> Pool	8:00 9:00 <b>Spinning</b> Activity Room
9:30 10:30 <b>Mindful Morning Yoga</b> Activity Room	9:30 10:30 <b>Y Workout</b> Group X Room	9:00 9:45 <b>AquaFit</b> Pool	10:00 10:45 <b>Aquamotion</b> Pool	8:30 9:30 <b>Y Workout</b> Group X Room	8:30 9:15 <b>Zumba</b> Group X Room
10:00 10:45 <b>Aquamotion</b> Pool	10:00 10:45 <b>Aquamotion</b> Pool	9:30 10:15 <b>Enhance Fitness</b> Group X Room		10:00 10:45 <b>Aquamotion</b> Pool	
		10:00 10:45 <b>Aquamotion</b> Pool			
PM	PM	PM	PM	PM	SUNDAY
5:15 6:00 <b>Aquafit</b> Pool	5:30 6:30 <b>Sculpt &amp; Tone</b> Activity Room	5:15 6:00 <b>Aquafit</b> Pool	5:15 6:00 <b>Aquafit</b> Pool		
5:30 6:30 <b>Muscle Mix</b> Group X Room	5:30 6:30 <b>Spinning</b> Activity Room	5:30 6:30 <b>Zumba</b> Group X Room	5:30 6:30 <b>Sculpt &amp; Tone</b> Group X Room		
6:15 7:00 <b>Aquamotion</b> Pool	6:30 7:30 <b>Zumba</b> Group X Room		5:30 6:30 <b>Spinning</b> Activity Room		
			6:15 7:00 <b>Aqua Blast</b> Pool		

Updated  
7/19/2022

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

\*Outside classes are  
weather permitting

### FACILITY HOURS

Mon – Fri 5:30am – 9:00pm  
Sat 7:00am – 3:00pm  
Sun 8:30am – 1:00pm



## GROUP EX. CLASS DESCRIPTION

# NAUGATUCK YMCA

**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 weight and 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.

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

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

**TRX:** Full body workout using own body weight for resistance to tone, sculpt and build 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.