



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	Y Workout Group X - Shari	9:00-10:00	Mat Yoga Group X - Jocelyn	9:00-10:00	Slow Flow Yoga Group X - Jocelyn	8:30-9:30	Barre Group X - Krista	5:30-6:15	Muscle Mix Group X - Liz	8:00-8:45	Muscle Mix Group X - Tammy
9:00-9:45	Deep Water Aquafit Pool - Tammy	9:00-9:45	Aquafit Pool - Tammy	9:00-9:45	Aquafit Pool - Tammy	9:30-10:30	Bootcamp Group X - Krista	8:30-9:30	Chair Yoga Group X - Shari	8:00-9:00	Spinning Activity - Mike
9:30-10:30	Mindful Morning Yoga Group X - Shari	10:00-11:00	Y Workout Group X - Shari	10:00-10:45	AquaMotion Pool - Volunteer	9:00-9:45	Deep WaterFit Pool - Tammy	9:00-9:45	Aquafit Pool - Tammy	9:30-10:30	Zumba Group X - Carolyn
10:00-10:45	Aquamotion Pool - Volunteer	10:00-10:45	AquaMotion Pool - Volunteer			10:00-10:45	AquaMotion Pool - Volunteer	9:00-10:00	Y Workout Naugatuck Senior Center - Krista		
		11:00-11:45	Deep WaterFit Pool - Tammy			10:30-11:30	Enhanced Fitness Group X - Krista	10:00-11:00	Y Workout Naugatuck Senior Center - Krista		
						11:00-12:00	Chair Yoga Beacon Falls Senior Center - Shari	10:00-10:45	AquaMotion Pool - Tammy		
								11:30-12:30	Enhanced Fitness Group X - Krista		
PM		PM		PM		PM		PM		SUNDAY	
5:15-6:00	Aquafit Pool Volunteer	5:30-6:30	Sculpt & Tone Group X Room Liz	5:15-6:00	Aquafit Pool - Volunteer	5:15-6:00	Aquafit Pool - Volunteer				
5:30-6:15	Muscle Mix Group X - Liz	5:30-6:30	Spinning Spin - Mike	5:30-6:15	Zumba Group X - Sue	5:30-6:15	Sculpt & Tone Group X - Marlene				
6:15-7:00	Aquacize Pool - Tracey			6:15-7:00	Deep Water Aquafit Pool - Tammy	5:30-6:30	Spinning Activity Room - Mike				
						6:15-7:00	Aquablast Pool - Tracey				
						6:45-7:45	Areial Yoga (Preregistration required)				

NAUGATUCK YMCA
284 Church Street Naugatuck, CT 06770
P 203 729 9622 W naugatuckymca.org

FACILITY HOURS

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

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.

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.

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.

