



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 Room Shari	8:30 9:15	Chair Yoga Group X Room Shari	5:30 6:15	Spinning Activity Room Javairia	8:30 9:30	Barre Group X Room Krista	5:30 6:15	Muscle Mix Group X Room Liz	7:30 8:15	Muscle Mix Group X Room Tammy
9:30 10:30	Mindful Morning Yoga Group X Room Shari	9:00 9:45	Aquafit Pool Tammy	9:00 9:45	Aquafit Pool Tammy	9:30 10:30	Bootcamp Group X Room Krista	8:30 9:30	Y Workout Group X Room Shari	8:00 9:00	Spinning Activity Room Mike
10:00 10:45	Aquamotion Pool	9:30 10:30	Y Workout Group X Room Shari	10:00 10:45	Aquamotion Pool	9:00 9:45	Deep Water Aquafit Pool Tammy	9:00 9:45	Aquafit Pool Tammy	8:30 9:15	Zumba Group X Room Sue
		10:00 10:45	Aquamotion Pool			10:00 10:45	Aquamotion Pool	9:00 10:00	Y Workout Naugatuck Senior Center Krista		
		11:00 11:45	Deep Water Aquafit Pool Tammy			11:00 12:00	Chair Yoga Beacon Falls Senior Center Shari	10:00 11:00	Y Workout Naugatuck Senior Center Krista		
								10:00 10:45	Aquamotion Pool		
PM		PM		PM		PM		PM		SUNDAY	
5:15 6:00	Aquafit Pool	5:30 6:30	Sculpt & Tone Group X Room Liz	5:15 6:00	Aquafit Pool	5:15 6:00	Aquafit Pool				
5:30 6:30	Muscle Mix Group X Room Liz	5:30 6:30	Spinning Activity Room Mike	5:30 6:30	Zumba Group X Room Sue	5:30 6:30	Sculpt & Tone Group X Room Marlene				
6:15 7:00	Aquacize Pool Tracey	6:30 7:30	Zumba Group X Room Yveta	6:15 7:00	Deep Water Aquafit Pool Tammy	5:30 6:30	Spinning Activity Room Mike				
						6:15 7:00	Aquablast Pool Tracey				



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

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

Updated 1/11/2023



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NAUGATUCK YMCA

CLASS DESCRIPTIONS

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.

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.

