



# STAMFORD FAMILY YMCA GROUP FITNESS SCHEDULE

Feb 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Aqua Fitness</b> Sheila 9am-10am	<b>Yoga</b> Emily 7:30am-8:30am	<b>Aqua Fitness</b> Sheila 9am-10am	<b>Yoga</b> Emily 7:30am-8:30am	<b>Aqua Fitness</b> Sheila 9am-10am	<b>BootCamp</b> Valentina 9:15am-10:15am
<b>Zumba</b> Sandra 12:10pm-1:10pm	<b>Zumba</b> Sandra 12:10pm-1:10pm	<b>Zumba</b> Sandra 12:10pm-1:10pm	<b>Zumba</b> Sandra 12:10pm-1:10pm	<b>Tai Chi</b> Alma 12pm-1pm	<b>Zumba</b> Franci or Sandra 10:30am-11:30am
<b>Vinyasa Yoga</b> Viki 1:15pm-2:15pm		<b>Vinyasa Yoga</b> Frances 1:15pm-2:15pm		<b>Vinyasa Yoga</b> Viki 1:15pm-2:15pm	<b>Bollywood</b> Neha 11:30pm-12:30pm
<b>Zumba</b> Franci 6pm-7pm	<b>Zumba</b> Tristan 6pm-7pm	<b>Zumba</b> Franci 6pm-7pm	<b>Bollywood</b> Neha 6pm-7pm	<b>Family Zumba</b> Tristan 6pm-7pm	
<b>Hip Hop Spin</b> Danny 7:15pm-8:15pm	<b>BootCamp</b> Valentina 7pm-8pm	<b>Boxing</b> Danny 7:15pm-8:15pm	<b>BootCamp</b> Valentina 7pm-8pm	<b>Family Bootcamp</b> Valentina 7:15pm-8:15pm	

## CLASS DESCRIPTIONS

<p><b>AQUA FITNESS</b> - Our water exercise classes are a fun way to use the resistance and buoyancy of water to condition your muscles and improve your cardiovascular fitness, strength and flexibility. By employing strengthening exercises and stretching techniques, these water aerobics and fitness classes help to increase your body's tone and range of motion</p>	<p><b>Aqua Zumba</b> - blends the <b>Zumba®</b> philosophy with water resistance. There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. This is for one pool party you shouldn't miss!</p>
<p><b>BOOT CAMP</b> - This high-energy program includes an intense cardiovascular workout and strength-training drills, and is designed for those seeking an intense boost to a regular workout routine. Develop strength, stamina, and agility.</p>	<p><b>SPIN-</b> This unique group exercise class, performed on stationary bikes, is as intense as the participant makes it. Instructors are skilled in nurturing beginners while also challenging advanced athletes. Upbeat, motivating music.</p>
<p><b>BODY SCULPT-</b> Body Sculpt at the YMCA is a sculpting class that builds muscle, strength, and endurance using equipment including free weights, body bars, medicine balls, stability balls, and more. It combines cardio exercises that will elevate your heart rate with strength exercises that will target all major muscle groups.</p>	<p><b>VINYASA YOGA</b> – A dynamic and fluid Yoga style in which a specific sequence of breath synchronized movements are used to transition between sustained postures. The linking vinyasas bring the body back to neutral so that one can fully feel the energetic effects of the practice. By emphasizing the breath throughout the Yoga practice the intention is one of a relaxed and rejuvenated mind and body.</p>
<p><b>Bollywood</b> - Dance-fitness program that combines dynamic choreography with the hottest music from around the world. This workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.</p>	<p><b>ZUMBA</b> – Zumba® is a fitness program inspired by Latin dance. Zumba® consists of Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow.</p>