

ALL Group Fitness and Spinning Classes are open to all New Canaan YMCA members 15 yrs. and older
(Non-Members: \$30/day)

Questions/Comments/Suggestions: 203.966.4528, Bridget x. 126, Diane x. 123, or Suzan x. 127

ABC TRAINING – Abdominal, Back and Core Training, all in one.

ABS & FLEXIBILITY TRAINING: A complete ab workout ending with full body flexibility training.

BEGINNER'S YOGA – Class is ideal for those who are new to yoga or would like to learn at a nice pace, focusing on yoga principles.

CARDIO INTERVAL – An aerobic workout that alternates cardio moves with strength training.

CARDIO SCULPT – This class is split up half & half. Enjoy a cardio hi/lo workout, then end with sculpting moves.

CIRCUIT CHALLENGE – Aerobic & strength intervals, moving station to station; a variety of equipment, easy to follow, challenging workout.

FIT & FUNCTIONAL – Low-impact all in one complete fitness class designed for active seniors or those who are new to fitness. Progress at your own pace.

FRIDAY FIX and YOGA MIX – A hi/lo cardio workout with a mixture of strength training intervals. Finish with yoga poses to strengthen and stretch.



Group Power® Your hour of power! A barbell program strengthening all your major muscles in an inspiring, motivating group environment with simple, athletic movements such as squats, lunges, presses and curls. All ages & fitness levels. (Group Power Express = 45 min)



Group Kick® brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Kick will knock you out!

MORNING MIX UP – Super high-energy class using cardiovascular and strength patterns to help you sweat your week away..



Nia Join the fun and passion of NIA (Neuromuscular Integrative Action). A dynamic workout that combines expressive dance, martial arts and Asian disciplines. This holistic fitness class is for all ages, relieves stress, and lifts the spirit, promoting energy through movement.

PILATES – The exercises in this class will strengthen and elongate your muscles, providing a trim, flexible, well-toned physique, using basic traditional mat exercises with an emphasis on form and principles, using core stability. Pilates Basics is strongly suggested before attending.

PILATES BASICS – This class will focus on the basic principles of the Pilates conditioning method. Strengthening the core through controlled and precise movements will result in a more balanced, aligned and strong body. Perfect for the beginner student or those recovering from an injury.

POWER YOGA – A challenging flow of yoga postures designed to create heat within using your body's own strength and breath. Knowledge of the sun salutations is encouraged. This class is geared towards advanced beginner and intermediate yoga participant.

***SPINNING** – 45-minute non-impact cardiovascular and strength workout on a specially designed stationary bike set to music.

***SUPER SPIN** – A one-hour version of the Spinning class.

STEP– An intense cardiovascular class using step patterns, to give your lower body a great workout while challenging your endurance.

YOGA STRETCH – Learn postures and techniques drawn from traditional yoga and add with gentle stretch and relaxation for a stress-relieving mix.

YOGA – Try this mind/body class. Experience different postures and exercises that will increase flexibility and promote control between mind and body.

ZERO ENTRY SPIN – Start with this class! Fun ride taught to a mix of musical styles. Great for those new to Spin, active older adults or anyone looking to add more cardio options. Focus on getting accustomed to the bike, breathing techniques and fun.

***Prior Sign Up required at front desk. 20 spaces available.**