



**The Mind-Body Center
at the New Canaan YMCA**

Effective January 9, 2012

All classes are 50-55 minutes unless specified

Classes are subject to change at any time

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00 am <u>Yoga Flow</u> Maria			9:00 am <u>PILATES</u> <u>Open Level</u> Frances	9:15 am <u>FAMILY</u> <u>PILATES FUSION</u> Frances
8:30-9:30 am <u>VINYASA FLOW</u> <u>YOGA</u> Elise	8:30 am <u>CORE</u> <u>FUSION</u> Elise	8:30 am <u>Vinyasa flow</u> <u>YOGA</u> Spencer	8:30 am <u>CORE</u> <u>FUSION</u> Nancy	8:15-9:30 am <u>Hatha Prana Flow</u> <u>YOGA</u> Martha	10:15 am <u>Open Level</u> <u>YOGA</u> Jody	10:30 am <u>Power</u> <u>YOGA</u> Nanette/Susan
10:00 am <u>PILATES MAT</u> <u>Open Level</u> Nancy	9:45-11:00 am <u>Open Level</u> <u>YOGA</u> Elise	10:00 am <u>PILATES MAT</u> <u>Open Level</u> Nancy	9:45-11:00 am <u>Open Level</u> <u>YOGA</u> Elise	10:00 am <u>PILATES</u> <u>Open Level</u> Kenna	11:30 am <u>YOGA</u> <u>Basics</u> Jody	
11:00 am <u>PILATES MAT</u> <u>Basics</u> Frances	11:00 am <u>PILATES MAT</u> <u>Basics</u> Jeanenne	11:00 am <u>PILATES MAT</u> <u>Basics</u> Madelaine	11:00 am <u>NIA</u> Irene	11:00 am <u>PILATES MAT</u> <u>Basics</u> Kenna	Don't forget to try: <u>AI CHI</u> 8:30 – 9:15 am Wed/Fri In the Rec. Pool	
12:00 pm <u>CORE</u> <u>FUSION</u> Elise	12:00 pm <u>Gentle</u> <u>YOGA</u> Dale	12:00 pm <u>CORE</u> <u>FUSION</u> Elise	12:00 pm <u>Gentle</u> <u>YOGA</u> Martha	12:00 pm <u>QiGong</u> Bill		
		1:00 pm <u>TAI CHI</u> Dan	4:30 pm <u>CORE</u> <u>FUSION</u> Elise	4:00 pm <u>Vinyasa flow</u> <u>YOGA</u> Dale		
6:00-7:00 pm <u>PILATES MAT</u> <u>Open Level</u> Madelaine	6:45 -8:00 pm <u>Vinyasa Flow</u> <u>YOGA</u> Elise	6:00 pm <u>PILATES MAT</u> <u>Open Level</u> Madelaine	6:45 -8:00 pm <u>Kripalu</u> <u>YOGA</u> Nanette	5:00 pm <u>Gentle</u> <u>YOGA</u> Dale		

Pilates Mat Open Level~ is geared toward participants already familiar with Pilates mat work. **Basics** is strongly suggested before attending.

Pilates Mat- Basics ~ This class is designed to teach you the principles of Pilates in a safe and challenging way. This class will also teach any modifications needed to progress to Open Level mat class.

Pilates Apparatus ~ Please see separate brochure or the front desk for class description, schedule, registration details and pricing.

Family Pilates Fusion~Introduces the basics of mat Pilates with easy-to-follow moves for moms, dads & kids to strengthen the core plus 20 minutes of flexibility exercises to increase flexibility in the back, hamstrings, calves, hips and shoulders. Open to all, including kids ten and up!

CoreFusion _ A blend of LotteBerk, Pilates & Stretch. Use light weights, body weight and then stretch each muscle. A great full body workout!!!!!!

Tai Chi Learn how to revitalize your body & mind using dynamic, slow-breathing movements. Tai Chi is an ancient Chinese art also known as moving meditation.

Traditional Shaolin movements are practiced using animal forms. Some of the benefits of Tai Chi include relaxation, strength, flexibility and balance. This class accommodates beginners as well as advanced students. This class is easily practiced by all ages

Yoga- Basics ~ This class is for anyone new to Yoga. Participants will learn the Anusara principles of alignment, which are the keys to understanding your body in order to increase mobility and strength safely. No experience necessary.

Gentle Yoga ~ A tranquil, foundation-building practice, designed to introduce new students to yoga, as well as offer regular practitioners a gentle class compliment to their Yoga practice.


Open LevelYoga ~ For students of all levels who are ready to experience a more intense, flowing class.

Vinyasa Flow Yoga -PM ~ includes sun salutations, standing poses, balances, twists, backbends, forward bends & restorative poses in an orderly, flowing sequence set to music. Each class focuses on different poses & alignment actions. It is open to all levels & will include challenging poses for the more advanced and modifications for new students.

Hatha Prana Flow Yoga ~ An invigorating and insightful journey into yourself. In this Hatha yoga class you will explore Asana (yoga postures), Pranayama (yoga breath), relaxation and yoga philosophy. A wonderful way to start your day feeling refreshed & rejuvenated.

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 participants.

Vinyasa Flow Yoga AM~ A dynamic practice where Asanas (postures) flow seamlessly together with breath and vigorous movement to build heat in the body while creating endurance, strength, and power. A basic knowledge of yoga postures and alignment is recommended.

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

Parkinson's Exercise and Movement Class~ Is an exercise class for those living with Parkinson's disease and any other movement challenges.

Please see our program brochure or the front desk for description, registration details, and pricing.

Pre/Post Natal Yoga ~ Gentle and safe movements to stretch, relax, and strengthen your body. Please see our program brochure or the front desk for details

Yoga Flow – Get your day started with a 6 am Yoga class! Each class is unique, created with the intention of filling you with the seeds of insight, so your practice (where ever it takes you) can be grounded in strength and confidence.

Qigong (气功 or 氣功) (pronounced "chee-gong") is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation. With roots in Chinese medicine, martial arts, and philosophy, qigong is traditionally viewed as a practice to balance qi (chi) or intrinsic life energy.¹ Typically a qigong practice involves rhythmic breathing, coordinated with slow stylized repetition of fluid movement, and a calm mindful state.



GROUP EXERCISE CENTER, effective January 9, 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 6:45 AM KETTLEBELL (paid Program) Tom	6:00-6:45 AM POWER Tanya	6:00 – 6:45 AM KETTLEBELL (paid Program) Tom	6:00-6:45 AM CIRCUIT CHALLENGE Tanya	7:30 AM FIT N' FUNCTIONAL Debbie K.	7:40 AM MORNING MIX UP Frany	
8:30 AM POWER Bridget	8:30 AM CARDIO INTERVAL Frany	8:30 AM POWER Bridget	8:30 AM CARDIO INTERVAL Frany	8:30 AM POWER Frany	8:50 AM POWER Kelly/Tanya	9:15 AM KICK Ralph/Kristin/Kelly
9:45 AM STEP Kristin/Deb K	9:45 AM POWER Kelly	9:45 AM KICK Kelly/Kristin	9:45 AM POWER Frany	9:45 AM STEP Kelly	10:00 AM ZUMBA Deb H/Suzan/Maureen	10:30 AM STEP Kelly/Deb K/Jane/Kristin
11:00 AM FIT N' FUNCTIONAL Debbie K	11:00 AM ZUMBA Deb H.	11:00 AM FIT N' FUNCTIONAL Debbie K	11:00 AM ZUMBA Deb H	11:00 AM ACTIVE Suzan	11:00 AM ACTIVE Deb K/Jane	
1:15 PM ZUMBA Maureen	1:15 PM* ACTIVE Bridget *New Time – begins Nov 1st		1:15 PM* ACTIVE Suzan *New Time – begins Nov 3rd	12:00 PM POWER Suzan		
Monday-Friday 2:30 – 4:30 Without notice the space may be used by Y programs not on the regular schedule	4:30 PM STEP Deb K	1:15 PM ZUMBA toning Suzan	Monday-Friday 2:30 – 4:30 Without notice the space may be used by Y programs not on the regular schedule	1:15 PM ZUMBA toning Deb H		4:00 PM POWER Kelly/Ralph/Jane
4:30 PM ACTIVE Deb K.	5:30 PM POWER Ralph	4:30 PM ZUMBA Maureen	5:30 PM POWER Ralph	5:45 PM CARDIO SCULPT Frany		
5:45 PM CARDIO SCULPT Frany	6:30 PM KICK Ralph	5:45 PM CARDIO SCULPT Frany	6:30 PM ACTIVE Deb K			
7:00 PM POWER Kristin	7:30 PM ZUMBA Maureen	7:00 PM POWER Ralph	6:30 PM CORE TRAINING Ralph (In Spin Center)			

Classes subject to change at any time. All classes are 50 -55 minutes unless specified.

ALL Group Fitness 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, or Suzan x. 127

CORE TRAINING – A half-hour class that works your abs, back and core! Thursday only.

CARDIO SCULPT – This class is half & half! Enjoy a cardio hi/lo workout for the first half, then finish the hour with total body sculpting!

CIRCUIT CHALLENGE – A challenging workout that is easy to follow! This is a 45-minute class where you move from station to station using a variety of equipment for both strength and aerobic intervals.

CARDIO INTERVAL – A one-hour aerobic workout that alternates cardio moves with strength training.

FIT & FUNCTIONAL – A low-impact energetic cardio class infused with strength training and balance work. Emphasis is given to foot, knee and hip alignment. Safe for everyone and intense enough for all fitness levels. Exercise to the 50's, 60's, 70's, & 80's music



Activate your life in only one hour! Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Group Active will increase your cardio fitness, build your strength & improve your balance & flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life, Get Active!



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!



Is 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. This class is for all ages & fitness levels.

Power Express is 45 minutes



Discover new heights with Group Step! Utilizing the step in many positions & heights, this compelling 60-minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating instructors create this spunky group experience. Step this way with Group Step!

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



Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Come join the fitness!



Latin inspired dance "n tone" is a combination of cardio and dynamic resistive exercises. Zumba toning is exhilarating, different, challenging, effective and FUN! Zumba Toning Sticks or light hand weights are used.

KETTLEBELL – A unique method of weight training using a cannonball-shaped weight with a U-shaped handle. Great for improvement in fitness, sport performance and everyday activities! Please see the brochure or the front desk for class description, schedule, registration details and pricing.



SPINNING/TRAINING CENTER SCHEDULE

Effective: September 19, 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 AM <u>SPINNING</u> Tanya		6:00-6:45 AM <u>SPINNING</u> Tanya		6:00-6:45 AM <u>SPINNING</u> Shaun		
	7:30-8:30 AM <u>SPIN & CORE</u> Linda		7:30-8:30 AM <u>SPIN & CORE</u> Linda		8:15- 9:00 AM <u>SPINNING</u> Eugenia/Kelly	
9:30 – 10:15 AM <u>SPINNING</u> Deb S.	9:30-10:30 AM <u>SPIN & CORE</u> Diane	9:30-10:15 AM <u>SPINNING</u> Deb S.	9:30-10:30 AM <u>SPIN & CORE</u> Diane	9:30-10:15 AM <u>SPINNING</u> Craig	9:30-10:30 AM <u>SPINNING</u> Eugenia/Tanya	9:15-10:15 AM <u>SPINNING</u> Ranee/Jen
	10:45-11:30 AM <u>ZERO-ENTRY SPIN</u> Diane	12:15-1:00Pm <u>Spinning</u> Tamara		12:15-1:00PM <u>SPINNING</u> Craig		
	3:30 – 4:15 PM FAMILY SPIN Diane		3:30 – 4:15 PM FAMILY SPIN Diane			
6:00-6:45pm <u>SPINNING</u> Craig		6:00-6:45PM <u>SPINNING</u> Craig				
7:00-7:45 PM <u>SPINNING</u> Sonia		7:00-7:45 PM <u>SPINNING</u> Sonia				

Classes subject to change at any time



SPINNING/TRAINING CENTER SCHEDULE

CLASS DESCRIPTIONS

Effective: September 19, 2011

Bring a water bottle and towel to all Spinning classes. Wear loose-fitting and comfortable workout clothing. Shoes with stiff soles, such as crosstrainers, court shoes, light hiking shoes, or cycling shoes (with or without SPD clips) are best. Come early to set up your bike.

SPINNING: 45-minute (unless indicated otherwise) non-impact cardiovascular and strength workout set to music on a specially-designed stationary bike.

SPIN & CORE: 45-minute spin with 10 minutes of abs; participants have the option of staying for the abs portion of the class.

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.

FAMILY SPIN: Formally Teen Spin. Open to Teens and Adults. Bring your friends, and enjoy a wild ride set to your favorite music. We play it loud!!!

New Canaan YMCA

Water Fitness Class Schedule

Effective January 9, 2012.



Schedule also available online at www.newcanaanymca.org

Classes open to all New Canaan YMCA Members 15 years of age and older.

Nonmember: \$30/day

All classes are 50-55 minutes unless specified

R = Rec Pool **V** = Valles Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30 AM R  aqua ZUMBA Amber	7:30 AM R <u>Hydrofit</u> Maryann	7:30 AM R <u>Hydrofit</u> Maryann	7:30 AM R <u>Hydrofit</u> Suzan	7:30 AM R <u>Hydrofit</u> Maryann
8:30 am R  aqua ZUMBA Suzan	8:30 am R <u>Hydrofit</u> Maryann.	8:30-9:15 am R <u>Ai Chi</u> Maryann	8:30 am R <u>Hydrofit</u> Suzan	8:30-9:15 AM R <u>Ai Chi</u> Maryann
10:30 AM V PRE & POST NATAL WATER Deb S.		10:30 AM V PRE & POST NATAL WATER Deb S.		
12:00-12:45 PM R Aquamates Frany		12:00-12:45 PM R Aquamates Frany		12:00-12:45 PM R Aquamates Maryann

HYDROFIT: This complete water exercise program is taught mostly in the shallow water with some time also spent in the deep end. The workout focuses on cardiovascular endurance, muscular strength and endurance, as well as flexibility.

AI CHI: This class brings the principles of Tai Chi to the water. Enjoy this unique blend of balance, relaxation, and mental concentration.

AQUAMATES: This water exercise class is specifically designed for active older adults. High-energy, fun class, great for improving physical, social, and mental well being!

AQUA ZUMBA: The "pool party" workout for all ages. Safe, effective and challenging water based workouts that integrate traditional water fitness moves with Latin dance rhythms. Come join the fitness!

PRE/POST NATAL WATER: This is a water class in the Valles pool for pre and post natal moms. Please see brochure for details and sign up at the front desk