



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPCOMING SPECIALTY WORKSHOPS

JANUARY WORKSHOPS SOUTHINGTON COMMUNITY YMCA

JOIN US AS WE HOST A VARIETY OF SPECIALTY WORKSHOPS INCLUDING:

- Mindful Movement: Shifting Moods & Perspective
- Yoga & the Pelvic Floor
- Grammy Themed Yoga/Pilates Fusion

Classes will require registration and a fee. Members & Non-Members are welcome!

To register, visit the Membership Services Desk or call 860.628.5597.

See reverse side of this flyer for registration deadlines.

No refunds available for missed classes.

Questions or Comments?

Contact Jolene Miceli for details!
jmiceli@sccymca.org or 860.426.9589



SCCYMCA.org

Wellness Workshops

MINDFUL MOVEMENT: SHIFTING MOODS & PERSPECTIVE

Join us where we will explore the principles of health, mindfulness, and community to foster a life of ease and personal growth. This engaging session will guide you in understanding how movement can be a catalyst for emotional transformation and how embracing even the less favorable moods can lead to deeper personal insight.

- Discover how intentional movement can transform your mood and enhance your overall well-being.
- Explore the positive role of ALL moods in promoting personal growth and flexibility in daily life.

Studio 29 – Tuesday, 1/14| 12:15–1:30PM

Full & Family Members: \$10 Non-Members: \$30

Yoga and the Pelvic Floor

This (women only) workshop will begin with a mini-lecture that includes the anatomy/function of pelvic floor musculature and will discuss its inter-relatedness with proper breathing and core stability. Be prepared for an all-levels yoga practice that will focus on awareness, contraction and relaxation of the pelvic floor musculature. Please bring a yoga mat, water bottle and open mind. Participants should bring water. Ages 16 and up.

Studio 130 Monday 1/20 11:30–12:30PM

Full & Family members \$5, Non-Members \$20

Grammy Themed Yoga/Pilates Fusion

Join Alisa for this Yoga/Pilates Fusion class, featuring music by 2025 Grammy nominees. This class will combine core-strengthening Pilates with flowing, heat building Vinyasa Yoga. The class will wind down with gentle poses and Savasana.

Studio 130 – Friday, 1/31| 5:15–6:30PM

Full & Family Members: \$10 Non-Members: \$30

