



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WELLNESS CLASS SCHEDULE CHESHIRE COMMUNITY YMCA

Effective 06/23/2025

### MONDAY

7-7:50AM	Indoor Cycling+ (APR)
8-9AM	Flow Yoga (APR)
9-9:45AM	Strength Surge (Turf)
9:15-10AM	Total Body (APR)
10:15-11AM	MX4 Active+ (Turf)
11:15-12PM	MX4 Active+ (Turf)
12:15-1PM	Enhance® Fitness (APR)
5:00-5:45PM	Zumba® (APR)
6-6:30PM	MX4+ (Turf)
6:45-7:15PM	MX4+ (Turf)

### TUESDAY

7-7:45AM	Body Blast (APR)
8-9AM	Yin Yoga (APR)
8:30-9AM	Body Rev (Turf)
9:15-10AM	Kick & Strength+ (Turf)
9:15-10AM	Cardio Dance (APR)
12:30-1:20PM	Silver Sneakers (APR)
5-5:45PM	Pop Pilates (APR)
6-7PM	Cycling (APR)

### WEDNESDAY

8-8:45AM	Tai Chi (APR)
9-9:45AM	Strength Surge (Turf)
9:15-10AM	Low Impact (APR)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:15PM	Silver Sneakers (APR)
4:45-5:30PM	MX4+ (Turf)
5-5:45PM	Barre (APR)
6-6:45PM	Zumba® (APR)

### THURSDAY

7-7:45AM	Body Blast (APR)
8-9AM	Yin Yoga (APR)
8:45-9:15AM	Triple Burn+ (Turf)
9:15-10AM	Healthy Bones Yoga (APR)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:20PM	Silver Sneakers (APR)
5-5:45PM	Pop Pilates (APR)
6-6:45PM	HITT (Turf)

### FRIDAY

8:15-9AM	Tai Chi (APR)
9:15-10AM	Super Sculpt (APR)
9:15-10AM	Kick & Strength+ (Turf)
10:15-11AM	MX4 Active+ (Turf)
12:30-1:15PM	Chair Yoga (APR)

### SATURDAY

8:05-9:05AM	Indoor Cycling (APR)
9:15-10:15AM	Zumba® (APR)
9:15-9:45AM	MX4+ (Turf)
10:30-11AM	MX4+ (Turf)
10:30-11:30AM	Yoga (APR)

### SUNDAY

8:20-9AM	HITT (Turf)
9-9:45AM	Pop Pilates (APR)
10:00-11:00AM	Yoga (APR)

### SCHEDULE NOTES

Classes are for ages 16 and older.

Ages 11-15 can attend with an adult with the exception of Cycling classes.

Instructors reserve the right to determine if a class is appropriate for youth age 11-15.

Classes are subject to change.

### CLASS LOCATIONS & INFO

**APR** All Purpose Room

**Turf** Turfed area located in the Health and Wellness Center

**\*\*** Requires registration at the front desk and a fee

**+** Free but requires sign up at HW desk.



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# CLASS DESCRIPTIONS

**All Levels Bootcamp**– All Levels Bootcamp is a 45-minute, high-intensity class designed to challenge and improve overall fitness, no matter your experience level. Expect a full-body workout that builds strength, burns calories, and boosts endurance in a motivating, high-energy environment.

**Barre** – A combination of Ballet, Pilates, and Yoga movements focusing on isometric strength training, combined with high repetitions of small range of motion movements. Barre incorporates light handheld weights and core work.

**Body Blast** – A 45-minute class designed to increase muscular strength and endurance using free weights and stability ball.

**Body Rev** – An intense 30-minute circuit combining strength and cardio. A quick, fun, effective workout that will increase calorie burn throughout the day.

**Cycling (Group)** – Takes place on an ultra smooth stationary bike in our gymnasium, urging you on to new levels of strength and endurance. Members may need to assist moving their bikes for class. **SIGNUP REQUIRED**

**Enhance® Fitness** – A senior fitness and arthritis management program to help older adults become more active, energized, and empowered for independent living.

**HIIT** – High Intensity Interval Training. High intensity cardio moves and strength training recovery periods for a full body workout.

**Kick & Strength** – A fierce and fun 45-minute class blending strength training and kickboxing! Power through 10 rounds of bag work, free weights, resistance, and bodyweight exercises. **Gloves required** – bring your own or borrow a pair!

**Low Impact Aerobics** – “Nice & Easy” Low impact cardio & strength training for all age levels

**MX4 Active**– MX4 Active by Matrix is a specialized 30-minute fitness class designed for seniors or individuals looking for a lower-impact workout. It focuses on improving strength, balance, flexibility, and overall mobility using Matrix's functional training equipment. The program incorporates a mix of cardio, strength, and endurance exercises tailored to be gentle on the joints, promoting a healthy, active lifestyle. **SIGNUP REQUIRED**

**MX4**– MX4 is a 30-minute small group training program that targets cardio, strength, power, and endurance using Matrix equipment. With personalized guidance, it's designed for all fitness levels to improve overall fitness in an engaging, time-efficient way. **SIGNUP REQUIRED**

**Pop Pilates®** – Pop Pilates® is where strength meet flexibility. Think highly-focused movements that leave your body toned and transformed. This isn't your average workout. Its dance on a mat

**Shred & Sweat**– This 30-minute class combines cardio bursts with strength exercises to tone muscles and boost endurance. Get ready to torch calories, build strength, and leave feeling energized. Perfect for a quick, effective workout!

**SilverSneakers Classic®** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

**Strength Surge**– Strength Surge is a high-energy, 45-minute workout focused on building strength and endurance. Through a mix of bodyweight exercises, dumbbells, and resistance bands, you'll target all major muscle groups with compound movements. This fast-paced class is designed to challenge both beginners and advanced participants, helping you build muscle, improve power, and boost overall fitness.

**Super Sculpt** – A 45-minute class that will help you tone and build strength.

**Tai Chi** – A healing martial art that combines use of breath, posture, movement, and/or sound to cleanse, refine, accumulate, and circulate Qi in the body. Can be done seated or standing.

**Triple Burn**– is a high-intensity, 30-minute interval workout that combines cardio, strength, and core training. Each fast-paced interval boosts fat burning, builds endurance, and tones your body, delivering a full-body workout in half the time. Perfect for all fitness levels, this class will leave you feeling stronger and energized. **SIGNUP REQUIRED**

**Total Body** – A combination of weights and cardio for a total body workout.

**Zumba®** – Fun & easy fusion of Latin, Belly, and Hip-Hop dance style moves for all levels.

# YOGA CLASSES

**All Levels Yoga** – This class blends various yoga traditions and styles. Class moves at a moderate pace to build heat and promote strength, balance, and flexibility. Instructors will offer options for all levels of practice.

**Chair Yoga** – A gentle, mindful yoga class utilizing seated and standing poses with a chair for assistance.

**Flow Yoga** – Vinyasa (flow) yoga moves at a moderate pace to build heat and promote strength, balance, and flexibility. Yin yoga incorporates longer held floor-based stretches. Instructors will offer options for all levels of practice.

**Healthy Bones Yoga** – An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on yoga techniques to strengthen muscles, support spinal health, improve posture, practice balance, and educate on fall/fracture prevention. Class includes floor exercise. Instructors will teach safe methods to get up and down from floor

**Yoga**– Yoga is a calming and restorative class that focuses on flexibility, strength, and mindfulness. Through a series of poses and breath work, participants improve posture, reduce stress, and enhance overall well-being in a peaceful and supportive environment. Suitable for all levels.

**Classes are subject to change at any time.**



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