



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLIDAY CLASS SCHEDULE SOUTHINGTON COMMUNITY YMCA

Effective 12/21-1/3/2026

MONDAY 12/22

5:15-6AM	Resist (29)
6-6:15AM	Core (29)
8-8:45AM	Vin & Yin Yoga (130)
9-10AM	All Levels Yoga (130)
9:15-10AM	Indoor Cycling (GYM)
10:30-11:10AM	Fitness Blast (GYM)
10:30-11:30AM	Enhance@Fitness+ (29)
11:15-11:30AM	Core & Stretch (GYM)
11:45-12:30PM	SilverSneakers® (29)
12:45-1:30PM	Tai Chi (29)
5:00-5:30PM	Barre (29)
6-6:45PM	Zumba® (29)
7-7:30PM	Y360 (29)

TUESDAY 12/23

5:15-6AM	All Levels Yoga (130)
5:15-6:15AM	Resist (29)
8:15-9AM	Pilates, Core, & More (130)
8:30-9AM	Barre (29)
9:15-10AM	Gentle Yoga (130)
9:15-10AM	Cardio/Strength (GYM)
9:15-10AM	Low Impact (29)
10:15-11:15AM	Healthy Bones-Yoga (130)
5-5:45PM	Cardio Dance Step (29)
5:30-6:15PM	Pilates, Core, & More (130)
6:30-7:15PM	Gentle Yoga (130)
7-7:45PM	Resist (29)

**WEDNESDAY 12/24 NO CLASSES -
CLOSING AT 2PM**

THURSDAY 12/25 CLOSED

FRIDAY 12/26

5:15-6AM	HIIT (29)
6-6:15AM	Core (29)
10:30-11:15AM	Chair Yoga (GYM)
11:45-12:45PM	Healthy Bones-Yoga (130)

SATURDAY 12/27

7:30-8:15AM	Indoor Cycling (29)
8-9AM	Power Yoga (130)
9-9:45AM	Tai Chi (29 or BF)
9:15-10:15AM	All Levels Yoga (130)

MONDAY 12/29

5:15-6AM	Resist (29)
6-6:15AM	Core (29)
8-8:45AM	Vin & Yin Yoga (130)
8-8:45AM	Chair Yoga (29)
8:50-9:10AM	Meditation (29)
9:15-10AM	Indoor Cycling (GYM)
10:15-11:15 AM	Gentle Yoga (130)
12:45-1:30PM	Tai Chi (29)
5:00-5:30PM	Barre (29)
6-6:45PM	Zumba® (29)
7-7:30PM	Y360 (29)

TUESDAY 12/30

5:15-6AM	All Levels Yoga (130)
5:15-6:15AM	Resist (29)
9:15-10AM	Cardio/Strength (GYM)
9:15-10AM	Low Impact (29)
10:15-11:15AM	Healthy Bones-Yoga (130)
5-5:45PM	Cardio Dance Step (29)
5:30-6:15PM	Pilates, Core, & More (130)
6-6:45PM	Indoor Cycling (29)
6:30-7:15PM	Gentle Yoga (130)
7-7:45PM	Resist (29)

WEDNESDAY 12/31 CLOSING AT 2PM

5:15-6:15AM	HIIT (29)
9:15-10:15AM	Cardio Kick & Core (29)
10-11AM	Gentle Flow Yoga (130)
10:30-11:15AM	Zumba Gold® (29)
11:45-12:30PM	SilverSneakers® (29)

THURSDAY 1/1 NO CLASSES

FRIDAY 1/2

5:15-6AM	HIIT (29)
6-6:15AM	Core (29)
8:50-9:10AM	Core (29)
9:30-10:15AM	Barre Bootcamp (29)
10:30-11:15AM	Chair Yoga (GYM)
10:30-11:30AM	Gentle Yoga (130)
11:45-12:45PM	Healthy Bones-Yoga (130)

SATURDAY 1/3

7:30-8:15AM	Indoor Cycling (29)
8-9AM	Power Yoga (130)
9-9:45AM	Tai Chi (29 or BF)
9:15-10:15AM	All Levels Yoga (130)

CLASS LOCATIONS & INFO

29	Studio 29 at High Street
130	Studio 130 at Spirit Mind Body Center
SMBC	Spirit, Mind, Body Center
HW	High St Health and Wellness
WR	High St Weight Room
RC	Racquetball Court
APR	All Purpose Room
LT	Linear Trail (Meet in Health & Wellness)
BF	Field on North Side of 29 High St Building
YCS	YMCA Camp Sloper

- * Free but requires sign up at Member Services
- ** Requires registration at front desk and a fee
- + Free but requires sign up at HW desk.

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.



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