



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CLASS SCHEDULE SOUTHINGTON COMMUNITY YMCA

Effective 8/10-9/7/2026

MONDAY

5:15-6AM
6-6:15AM
8-8:45AM
8-8:45AM
8:50-9:15AM
9-10AM
9:15-10AM
9:30-10:15AM
10:15-11:15 AM
10:30-11:10AM
10:30-11:30AM
11:15-11:30AM
11:45-12:30PM
12:45-1:30PM
5:30-6:30PM
6-6:45PM
6:45-7:45PM
7-7:30PM

Resist (29)
Core (29)
Vin & Yin Yoga (130)
Chair Yoga (29)
Meditation (29)
All Levels Yoga (130)
Indoor Cycling (CS)
Healthy Bones-Strength (29)
Gentle Yoga (130)
Fitness Blast (GYM)
Enhance@Fitness+ (29)
Core & Stretch (GYM)
SilverSneakers® (29)
Tai Chi (29)
Power Yoga (130)
Zumba® (29)
Serenity Flow & Yin Yoga (130)
Y360 (29)

TUESDAY

5:15-6:15AM
8:15-9AM
8:30-9AM
9:15-10AM
9:15-10AM
9:15-10AM
10:15-11AM
10:15-11:15AM
11:15-11:45AM
5:30-6:15PM
6-6:45PM
6:30-7:15PM
6:30-7:30PM

Resist (29)
Pilates, Core, & More (130)
Barre (29)
Gentle Yoga (130)
Cardio/Strength (GYM)
Low Impact (29)
Healthy Bones-Strength (29)
Healthy Bones-Yoga (130)
Balance Training* (29)
Step Fusion (29)
Indoor Cycling (CS)
Resist (29)
Gentle Yoga (130)

WEDNESDAY

5:15-6:15AM
8-8:45AM
8-9AM
9-10AM
9-10AM
9:15-10AM
9:15-10:15am
10:30-11:15AM
10:30-11:15AM
11:45-12:30PM
5-5:45PM
6-6:45PM
6-6:45PM
5:45-6:45PM
7-8PM

THURSDAY

5:15-6AM
5:15-6AM
8-9AM
9-9:30AM
9:15-10AM
9:45-10:30AM
10:15-11AM
10:30-11:30AM
11:30-12:15PM
1-2PM
5:00-5:45PM
5:30-6:15PM
6-7PM
7-7:45PM

HIIT (29)
All Levels Yoga (130)
Enhance@ Fitness+ (29)
Gentle Yoga (130)
Yoga Walk* (SMB)
Indoor Cycling (CS)
Cardio Kick & Core (29)
Chair Yoga (GYM)
Zumba Gold® (29)
SilverSneakers® (29)
Cardio/Strength (29)
Indoor Cycling (CS)
Zumba® (29)
Breathe, Move, Meditate (130)
All Levels Yoga (130)

All LevelsYoga (130)
Indoor Cycling (CS)
All Levels Yoga (130)
Y360 (GYM)
Pilates, Core, & More (29)
Kickboxing Bootcamp (GYM)
SilverSneakers® (29)
Healthy Bones-Yoga (130)
Tai Chi (29)
Gentle Yoga (130)
Power Yoga (130)
Fitness Blast (29)
Vin & Yin Yoga (130)
Zumba® (29)

FRIDAY

5:15-6AM
6-6:15AM
8:30-9:15AM
9:15-10AM
9:30-10:15AM
9:30-10:15AM
10:30-11:15AM
10:30-11:30AM
11:45-12:45PM

HIIT (29)
Core (29)
Power Yoga (130)
Fitness Blast (GYM)
All Levels Yoga (130)
Barre Bootcamp (29)
Chair Yoga (GYM)
Gentle Yoga (130)
Healthy Bones-Yoga (130)

SATURDAY

7:30-8:15AM
8-9AM
9-9:45AM
9:15-10:15AM

Indoor Cycling (CS)
Power Yoga (130)
Tai Chi (29 or BF)
All Levels Yoga (130)

CLASS LOCATIONS & INFO

- 29** Studio 29 at High Street
130 Studio 130 at Spirit Mind Body Center
CS Cycling Studio
SMBC Spirit, Mind, Body Center
HW High St Health and Wellness
WR High St Weight Room
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.



SCCYMCA.ORG

CLASS DESCRIPTIONS:

BabyBoomer Bootcamp – Cardio and sculpting without the jumping! Burn fat and have fun!

Balance Training – *Registration required. A more advanced balance class for adults who may have lower fall risk, but want to preserve their stability. To gauge if this class is right for you, participants should be able to– Stand for up to 20 minutes unassisted and stand tandem for 30 seconds unassisted.

Barre – A unique toning class emphasizing hips, buns, and thighs. Ballet bar and chairs are utilized.

Barre Bootcamp – An energetic full body work out with traditional barre moves in addition to a full body workout. Ballet bar and chairs are utilized. The class will end on the mat with core work.

Cardio Kick & Core – Kick and punch your way to better health with fun kickboxing drills, choreography and core work.

Cardio/Strength – A little bit of everything! Cardio & strength training. Great for any fitness level.

Core – Strengthen both abdominal and back muscles in this express workout.

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

Cycling & Arms– A cycling class with upper body workouts performed on the bike intermittently throughout class.

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

Fitness Blast – Fullbody workout with low-impact options provided for every exercise, making this class a fit for everyone!

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

Healthy Bones Strength – An exercise program for people with Osteoporosis, Osteopenia, or other postural issues. Classes focus on 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.

Kickboxing Bootcamp – Combo of kickboxing, strength and cardio. Utilizes kickboxing tools such as punching bags. Gloves recommended but not required.

Low Impact – "Nice & easy" low impact cardio and strength training for all ages and levels.

Moving For Better Balance– *Registration required. A 12-week, evidence-based, instructor-led group program designed to improve strength, mobility, flexibility, and balance through the therapeutic movements of Tai Chi.

Pilates, Core, & More – Utilizes Pilate's techniques and other core training strategies to create balance & core stability.

Resist – Strength Training using resistance tools such as weights, tubing, body weight, and more!

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.

Step Fusion– Step, sweat, and move! Rhythm-based step and dance combos, kickboxing, and bodyweight toning moves—all packed into one high-energy, total-body workout!

Strength Training – *Registration required. Weight room instruction in a small group setting. All levels welcome.

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.

Y360 – Meet higher levels of fitness at the Y through Y360's comprehensive and intense workout routines where certified, highly skilled staff will train you using safe, effective equipment. You'll get it all in just 30 minutes.

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

Zumba Gold® – Easy to learn dance moves for adults at an easier pace.

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.

Breathe. Move. Meditate–Intended to soothe anxiety and stress, this class will combine several techniques to calm the mind and nervous system. Begins with yogic breathing technique, followed by gentle movement that can be done on a chair or the floor. Class ends with a longer, guided meditation.

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

Gentle Yoga – Reduce stress and tension in your body with this slow-moving class that gently stretches & strengthens the body. Class will incorporate floor-based postures and gentle, standing poses.

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.

Power Yoga–A moderate-vigorous intensity gently heated practice focusing on building strength and endurance.

Serenity Flow & Yin Yoga–designed to guide you through a harmonious journey, blending a graceful sequence of gentle movements, allowing your body to awaken, and your mind to find its rhythm. As you transition into the yin portion, sink into deep, rejuvenating poses that invite you to release tension and embrace tranquility.

Vin & Yin 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.

Yoga Sculpt – Upbeat all levels fitness class that incorporates a yoga warm up and workout that blends basic yoga poses with strength building using light weights and bodyweight. Class includes some light cardio but can be easily modified with low impact movements. Class closes with stretch a peaceful moment in savasana.

Yoga Walk–*Registration required. Join us for a walk on the Linear Trail with mindfulness, breath and movement breaks. Meet at SMB. Weather permitting.