the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CLASS SCHEDULE

SOUTHINGTON COMMUNITY YMCA

Effective 12/21– 1/2/2027

MONDAY 12/21

5:15-6AM	Resist (29)
6-6:15AM	Core (29)
8-9AM	Vin & Yin Yoga (130)
9:15-10:15AM	All Levels Yoga (130)
9:15-10AM	Indoor Cycling (CS)
10:30-11:30 AM	Gentle Yoga (130)
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)
5:30-6:30PM	Power Yoga (130)
6-6:45PM	Zumba® (29)

TUESDAY 12/22

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

WEDNESDAY 12/23

5:15-6:15AM	HIIT (29)
8-9AM	All Levels Yoga (130)
9:15-10:15AM	Gentle Yoga (130)
9:15-10AM	Indoor Cycling (CS)
10:30-11:15AM	Zumba Gold® (29)
11:45-12:30PM	SilverSneakers® (29)
5-5:45PM	Cardio/Strength (29)
6-6:45PM	Indoor Cycling (CS)
6-6:45PM	Zumba® (29)
7-8PM	All Levels Yoga (130)

THURSDAY 12/24 No Classes

FRIDAY 12/25 Closed

SATURDAY 12/26

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

MONDAY 12/28

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

TUESDAY 12/29

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

WEDNESDAY 12/30

5:15-6:15AM	HIIT (29)
8-9AM	All Levels Yoga (130)
9:15-10AM	Indoor Cycling (CS)
10:30-11:15AM	Chair Yoga (GYM)
10:30-11:15AM	Zumba Gold® (29)
11:45-12:30PM	SilverSneakers® (29)
5-5:45PM	Cardio/Strength (29)
6-6:45PM	Indoor Cycling (CS)
6-6:45PM	Zumba® (29)
7-8PM	All Levels Yoga (130)

THURSDAY 12/31 No Classes

FRIDAY 1/1 No Classes

SATURDAY 1/2

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

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

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.**

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