the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELLNESS CLASS SCHEDULE

SOUTHINGTON COMMUNITY YMCA

Effective 11/23– 11/28/2026

MONDAY 11/23

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)
9:15-10:15AM	All Levels Yoga (130)
9:15-10AM	Indoor Cycling (CS)
9:30-10:15AM	Healthy Bones-Strength (29)
9:30-10:30AM	**Strength Training** (WR)**
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)
6:45-7:45PM	Serenity Flow & Yin Yoga (130)
7-7:30PM	Y360 (29)

TUESDAY 11/24

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)
8:30-9AM	Barre (29)
9:15-10AM	Gentle Yoga (130)
9:15-10AM	Cardio/Strength (GYM)
9:15-10AM	Low Impact (29)
10:15-11AM	Healthy Bones-Strength (29)
10:30-11:30AM	Healthy Bones-Yoga (130)
11:15–11:45AM	**Balance Training* (29)**
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)

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WEDNESDAY 11/25

5:15-6:15AM	HIIT (29)
8-9AM	All Levels Yoga (130)
8-9AM	**Enhance® Fitness+ (29)**
9:15-10AM	Indoor Cycling (CS)
9:15-10:15am	Cardio Kick & Core (29)
9:30-10:30AM	**Strength Training** (WR)**
10:30-11:15AM	Zumba Gold® (29)
11:45-12:30PM	SilverSneakers® (29)
6-6:45PM	Zumba® (29)
7-8PM	All Levels Yoga (130)

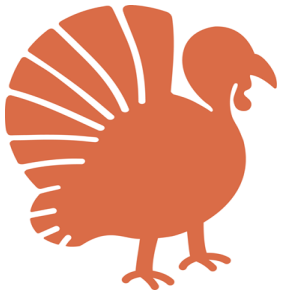
THURSDAY 11/26 CLOSED

FRIDAY 11/27

5:15-6AM	HIIT (29)
6-6:15AM	Core (29)
8-9AM	**Burn the Feast: Power Yoga*(130)**
9:15-10:15AM	**Thanksgiving Reset:Yin Yoga*(130)**
9:30-10:30AM	**Turkey Burn (GYM)**
5:30-6:30PM	**Holiday Reset:Restorative Yoga*(130)**

SATURDAY 11/28

7:15-8:15AM	Indoor Cycling (CS)
8-9AM	Power Yoga (130)
9-9:45AM	Tai Chi (29 or BF)
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.

Friday Specialty Classes:

Turkey Burn – Join us the day after Thanksgiving for a fun, high-energy, Thanksgiving themed class! This class offers a full body workout with a little bit of everything, including cardio and strength training. This is great for any fitness level!!

Burn the Feast: Power Yoga– Burn the stress away the day after the feast!
Free for members, but registration required. Non-members $15.

Thanksgiving Reset: Yin Yoga- The day after Thanksgiving, give your body a break. This 60-minute yin class uses slow, supported, floor-based poses to release tight hips and hamstrings and calm your mind. No experience needed.
Free for members, but registration required. Non-members $15.

Holiday Reset: Restorative Yoga– Restore from the holiday! Uses props to support the body in effortless shapes that completely soothe the nervous system. You will leave feeling grounded, spacious, and deeply refreshed.
Free for members, but registration required. Non-members $15.

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.**