

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Wilton Branch

Winter 2009

1.26.10

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45 am	Stretch & Move 45 min <b>Valerie I</b>	Morning Stretch <b>(7:30 am)</b> 30 min. <b>Valerie All</b>	Cardio Choice 45 min. <b>Valerie I</b>	Morning Stretch <b>(7:30 am)</b> 30 min <b>Valerie All</b>	Cardio Lite <b>(7:30 am)</b> 45 min Valerie II		
8:00am	Pilates <b>(8:30 am)</b> 55 min <b>Diane All</b> ----- Intro to Cycle <b>(8:00 am)</b> 30 min - Norm starts	Body Sculpt 45 min <b>Valerie I</b> <b>I</b>	 Pilates <b>(8:30 am)</b> 55 min <b>Diane</b> <b>All</b>	Sculpt-n-Stretch 45 min <b>Valerie</b> <b>I</b>	 Yoga <b>(8:30 am)</b> 55 min Carrie <b>All</b>	Cardio Choice <b>(8:30 am)</b> 30min <b>Kerry</b> <b>All</b>	
9:00 am	Fitness Cycle <b>(8:45 am)</b> 45 min <b>Norm / All</b>	Fitness Cycle <b>(8:15 am)</b> 55 min <b>Norm / All</b>		Fitness Cycle <b>(8:15 am)</b> 55 min <b>Norm All</b>		Body Sculpt 60 min <b>Kerri All</b>	
9:30am	Circuit Training 55 min <b>Deb</b> <b>All</b>	Fitness Cycle 55 min <b>Norm</b> <b>All</b> ----- Power Step 55 min <b>Sheri</b> <b>All</b>	Cardio Kickboxnig 40 min <b>Deb</b> <b>All</b>	Fitness Cycle 55 min <b>Norm</b> <b>All</b> ----- Step 55 min <b>Holly</b> <b>All</b>	Morning Hi-Lo Energizer 55 min. <b>Robin</b> <b>All</b> ----- Fitness Cycle 55 min <b>Sharon</b> <b>All</b>		Morning Hi-Lo Energizer & Sculpt <b>(10:00 am)</b> 55 min <b>Robin</b> <b>All</b>
10:30am	Express Cycle 30 min <b>Deb</b> <b>All</b>	Power Sculpt & Stretch 55 min <b>Robin</b> <b>All</b>	Strength Training <b>(10:15 am)</b> 40 min <b>Deb</b> <b>All</b>	Power Sculpt & Stretch 55 min <b>Robin</b> <b>All</b>	Yoga 55 min <b>Martina</b> <b>II, III</b>		Family Yoga <b>(1 pm)</b> 45 min <b>Miss Betsy</b> preschool & up
5:30pm	Bootcamp Xtrme <b>(5:45 pm)</b> 55 min <b>Chris II &amp; III</b> 	20/20/20 <b>(4 pm)</b> 55 min. Valerie All ----- Body Sculpt - 55 Min <b>Kerry K. II</b> ----- Fitness Cycle <b>(6 pm)</b> 55 min <b>Zack All</b>	  	20/20/20 <b>(4 pm)</b> 55 min. Valerie All			
6:30 pm		Yoga / 90 min <b>Martina</b> <b>All</b>	Sculpt & Stretch / <b>(6:45 pm)</b> 40 min <b>Bernadette</b> <b>All</b>	Yoga / 90 min <b>Martina</b> <b>All</b>			

\*\* (Schedule is subject to change without notice. Please check regularly for updated schedule)

(Class Descriptions are on back)

## Wilton's Class Descriptions

### Class Levels are as follows:

**I = Beginner:** This is suited for anyone who is new to the class, just getting back into exercising, or looking for an effective workout at a moderate intensity level. Detailed instructions given.

**II = Intermediate:** This is suited for anyone who exercises regularly, and who is ready for a challenging workout.

**III = Advanced:** This is not for the faint of heart! This advanced level is for anyone ready for an intense workout. This workout will challenge you in ways you have not been challenged before! Get ready to sweat!

**All:** Anyone can take these classes because instructors will demonstrate exercises suitable for each fitness levels.

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### Cardio/Strength Classes

**Cardio Lite:** - This class is specifically designed for conditioning the heart of mature adults and beginners.

**Fitness Cycle** - A great workout that is fun, effective and easy to learn! A customized stationary racing bike gives you a smooth workout for beginner or advanced. Learn how to incorporate the use of heart rate monitors to get a safe and effective cardio-vascular workout. Don't forget your water and a towel!

**Intro to Cycle** – Learn the fundamentals of Cycle but be prepared for a GREAT workout!

**Morning Hi-Lo Energizer** - This class is an energy-filled workout composed of high and low impact aerobic combinations. This morning ENERGIZER is designed to wake up your body & keep you smiling all day!

**Rebounding & Sculpt** – A non-Impact cardiovascular workout using mini-trampolines followed by 20 minutes of Bodysculpting. It's easy to follow and an absolute break from the normal routine

**Women On Weights (WOW)** – Save FIVE TO SEVEN LBS of muscle tissue each decade of your adult life by employing the endless benefits of building and preserving muscle (including better body composition and faster metabolism). This class is similar to group personal training in that it progresses and changes as the participants get stronger. FUN, the exercise ball, hand weights (3-15lbs.) and weighted bars are used during class.

**Step** - An exciting, choreographed cardio step class. You will be sure to challenge your mind and body while burning calories.

**Strength Training** – Using less reps, each participant will work on lifting heavier weights. Build muscle and burn fat.

**Bodysculpting** – This is a high intensity workout designed to challenge your cardio vascular fitness, strength and endurance.

**Power Step** – Have fun, while getting into shape with this STEPtacular class. Learn each layer of choreography to create an amazing step routine. Get fit while having FUN!

### Combo Classes

**Cardio Choice** - A fun class, perfect for anyone who loves variety. Varying each week, the instructor will motivate you through various cardio formats that is sure to keep you interested and coming back for more.

**Cardio Kickboxing** – Come kick, punch and groove the calories away. Non-contact boxing and kicking moves done to motivating music in a cardio class setting

**Cardio & Sculpt** – This is a fun class, perfect for people who like variety and want to SHAKE UP their workout! Class format may be Step, Hip Hop or Kickboxing for the first portion followed by body sculpting.

**Circuit Training** - You can do anything for one minute, right? Join our class for one minute of each upper body, lower body, abdominal and cardio and then move onto the next cycle. This class flies by and you will get an entire body workout.

**20/20/20** – This class is composed of 20 minutes each of various cardio formats (hi/lo, kickbox, etc.) body sculpt and stretching each. The order and format for each class may change on a weekly basis. All fitness levels welcomed!

**Power Sculpt & Stretch** - A full body strengthening class that will be sure to tone every muscle in your body. This class ends with 15 minutes of relaxing stretch.

**Sculpt & Stretch** – Come and join us for an hour of shaping our bodies and increasing flexibility.

### Mind/Body Classes

**Intro to Yoga** – This is a seven week class with 2 instructors who will lead and assist you with yoga asanas. At the end of the session, students will come away with a core curriculum (developed by the participating instructors) that would enable them to enter intermediate classes at the Y and elsewhere.

**Intermediate Yoga** - This class includes some challenging asanas and their variations, which are held longer than in the beginner classes in order to increase strength, balance and flexibility.

**Yoga** - This class is for continuing students who have a good understanding of the Basics. The emphasis of this class is on refining and building endurance and working on intermediate poses, such as handstand, headstand, backbends and arm balances. This class is not suitable for brand new students.

**Morning Stretch** - This full body stretch class is meant to lengthen your muscles, relieve stress & tension and increase flexibility. Join the fun with this great morning workout that provides a relaxing, yet invigorating way to start the day.

**Mat Pilates** - This is an exercise system that is focused on building strength, improving flexibility and agility, and helping to prevent injury.