



## Welcome to our Group Fitness Exchange Program at the Y!

We have partnered with several Y's in the state to bring you even more virtual class offerings! With the help of our friends from surrounding YMCA's we will keep you moving from the comfort of your home!

Of course, we would love to see you in person at our Y, but we know that this may not be an option for you right now. In that case, we are here to connect with you virtually with our live stream class offerings below. Members of the Regional Y have access to these virtual classes at no extra cost.

Questions: Contact Debbie Nichols at [Dnichols@regionalmca.org](mailto:Dnichols@regionalmca.org). Enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15-7:45 AM <b>Rock Solid</b> Jessica <i>Hosted by Darien</i>				8:30-9:30 AM <b>Yoga</b> Susan <i>Hosted by Greenwich</i>	9:15-10:15 AM <b>Pilates</b> Nada
8:00-8:45 AM <b>Forever Strong</b> Debbie	9:15-10:15 AM <b>Pilates</b> Debbie	8:00-8:45 AM <b>Forever Strong</b> Debbie	9:15-10:15 AM <b>Pilates</b> Debbie	9:15-10:15 AM <b>Kickboxing</b> Marisa	
9:15-10:15 AM <b>Yoga</b> Debbie		10:30-11:30 AM <b>Les Mills Body Pump</b> ® Marisa	12:00-1:00 PM <b>Barre</b> Wendy R. <i>Hosted by Greenwich</i>	10:30-11:30 AM <b>Les Mills Body Pump</b> ® Marisa	
10:30-11:30 AM <b>Zumba</b> Jody/Donnasue					<b>Sunday</b>
11:00-11:30 AM <b>Meditation</b> Jackie <i>Hosted by Riverbrook</i>	4:30-5:30 PM <b>Restorative Yoga</b> Rita <i>Hosted by Darien</i>	5:30-6:15 PM <b>Pilates</b> Susan <i>Hosted by Riverbrook</i>	5:30-6:30 PM <b>Butts &amp; Guts</b> Blythe		9:30-10:30 AM <b>Yoga</b> Eileen
5:15-5:45 PM <b>Les Mills CXWORX</b> ® Trish		7:00-8:00 PM <b>Yoga</b> Francesca <i>Hosted by Greenwich</i>	6:45-7:45 PM <b>Yoga</b> Trish		11:45-12:45 PM <b>Yoga</b> Drew

### Contact Participating Y's to Register:

<b>Greenwich YMCA</b> Christine Lavin, Sr. Director <a href="mailto:frontdesk@gwymca.org">frontdesk@gwymca.org</a> Front Desk: 203-869-1630	<b>Darien YMCA</b> The Darien YMCA <a href="mailto:Wellnesscenter@darien-ymca.org">Wellnesscenter@darien-ymca.org</a> 203-655-8228 Ext. 1322	<b>Riverbrook (Wilton) Y</b> Dina Savitt <a href="mailto:Groupx@riverbrookymca.org">Groupx@riverbrookymca.org</a>
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Class Name	Class Descriptions
Barre	Lengthen and tone with dance derived postures that contain elements of ballet, yoga, and Pilates. <i>Equipment needed: mat or carpet, chair or railing, water</i>
Butts & Guts	Focus on core strength. Pilates and yoga-based moves, along with traditional abdominal exercises, to get needed results. <i>Equipment needed: mat or carpet, water</i>
Kickboxing	High Energy cardio-kickboxing is followed by weights and abdominal work. Kick, punch and tone your way to a stronger you! <i>Equipment needed: mat or carpet, weighted object, water</i>
Les Mills Body Pump®	The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! <i>Equipment needed: free weights or barbell and plates if available, mat, water</i>
Les Mills CXWORX®	This is a revolutionary core training program. <i>Equipment needed: Mat or carpet, water</i>
Pilates	Strengthen and lengthen core muscles through controlled movement and breath. Improve balance, flexibility and body awareness. <i>Equipment needed: mat or carpet, towel, blanket or pillow, water</i>
Restorative Yoga	Turn down the fight-or-flight response and tap into the relaxation response with this series of supported postures designed to promote physical and emotional healing at the cellular level. A must for everyone living in a stressful world. <i>Equipment needed: mat or carpet, pillow, towel, water</i>
Rock Solid	Don't be fooled by the shortened duration of this class, as it is designed to strengthen and tone your core and other major muscle groups in a minimal amount of time. Features body weight exercises, resistance work, and strength training. <i>Equipment needed: mat or carpet, water</i>
Forever Strong	This program is designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a small, inflated ball is used for resistance. A chair is used for seated and/or standing support. <i>Contact Debbie Nichols to arrange to borrow free weights, tubing and a ball.</i>
Meditation	Come relax and notice your body and mind, more easily let go of daily stressors and challenges. You will feel calmer. You will be able to focus more clearly and be more creative. You will feel more balanced and comfortable in your skin.
Yoga	Learn the fundamentals of yoga including sun salutations, standing poses, balancing, seated & reclining poses, core isolation & strengthening. Special emphasis is placed on safety, alignment, breath, & learning to quiet the mind & find inner peace. <i>Equipment needed: mat or carpet, pillow, blanket or towel, water</i>

