



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@regionalyymca.org. Enjoy!

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

Contact Participating Y's to Register:

| | | |
|--|---|---|
| Greenwich YMCA Christine Lavin, Sr. Director frontdesk@gwymca.org Front Desk: 203-869-1630 | Darien YMCA The Darien YMCA Wellnesscenter@darien-ymca.org 203-655-8228 Ext. 1322 | Riverbrook (Wilton) Y Dina Savitt Groupx@riverbrookymca.org |
|--|---|---|

| Class Name | Class Descriptions |
|----------------------|---|
| 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 CORE® | 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> |