



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHESHIRE COMMUNITY YMCA

## Group Exercise Schedule: Effective 10/22

### MONDAY

9-9:30AM	MX4*
9:15-10AM	Total Body
10:15-11AM	MX4 Active*
12:30-1:30PM	Enhance Fitness
4-4:30PM	MX4*
5-5:45PM	Zumba Gold
5-5:30PM	MX4*
6-7PM	Boot Camp

### TUESDAY

7-7:45AM	Body Blast
8-9AM	Yoga
8:45-9:15AM	MX4*
9:15-10AM	Strength Train
10:15-11AM	MX4 Active*
12:30-1:15PM	Silver Sneakers®
4:30-5PM	MX4*
6-7PM	Yoga

### WEDNESDAY

7:15-7:45AM	Lengthen & Roll
8-8:45AM	Tai Chi
9-9:30AM	MX4*
9:15-10AM	Low Impact
10:15-11AM	MX4 Active*
12:30-1:30PM	Enhance Fitness
4:30-5PM	MX4*
5-5:45PM	Barre
6-6:45PM	Zumba
7-7:45PM	Circuit Training

### THURSDAY

7-7:45AM	Body Blast
8-9AM	Yoga
8:45-9:15AM	MX4*
9:15-10AM	Strength Train
10:15-11AM	MX4 Active*
12:30-1:15PM	Silver Sneakers
4:30-5PM	MX4*
6-7PM	Yoga

### FRIDAY

9-9:30AM	MX4*
9:15-10AM	Boot Camp
10:15-11AM	Tai Chi
10:15-11AM	MX4 Active*
5:00-5:45PM	Zumba Gold

### SATURDAY

8:15-9AM	Cycle
9:00-9:30am	MX4*
9:15-10:15AM	Zumba®

### BEFORE YOU ARRIVE

Reservations are no longer required for most classes.

In the case of instructor unavailability, virtual classes are available on our Virtual YMCA website at <https://sccymca.y.org>

### DURING CLASS

There are no class maximums for participation in class.

Masks may be removed if you are fully vaccinated.

Masks must be worn until you are fully vaccinated.

Masks should fully cover your nose & mouth.

### MX4 & MX4 ACTIVE

MX4 is a training program that is custom-made for some of the new equipment we are purchasing.

The MX4 program is designed for 4-6 people, and focuses on four areas of training: Cardio, Strength, Power & Endurance. Options for all ages & abilities will be available.

This program will have a class fee starting in January 2022, but we will be offering a FREE Demo schedule through December 2021 for all members to experience the benefits of the MX4 program.

To sign up for these classes, there is a Sign-Up Book in the HW Center. You may also call ahead to 203-272-3150

**\*Classes are subject to change at any time\***

**SCCYMCA.ORG**