

# WALLINGFORD FAMILY YMCA

## GROUP EXERCISE SCHEDULE

### VIRTUAL CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						9:00-9:45AM  Zumba Jenni 295-620-753 PW: 067159
12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216	12:00-1:00PM Lunch Bunch Sweat Squad Fee 521-967-6068 PW: 262216		11:00-11:45AM Shotokan Karate Maura 955-430-5900 PW: SenseiWay	
4:00-4:45PM  Zumba Kaitlyn 835-2809-9317					12:00-12:45PM Mindfulness for Muscles Maura 955-430-5900 PW: SenseiWay	
4:30-5:15PM Core, Cardio & More Cat 817-0632-8959	4:30-5:30PM Tread & Shred Cat 884-3902-3439		4:30-5:00PM Cardio HIIT Cat 889-2896-2896			
5:30-6:15PM  Spinning Kim 286-552-6517 PW: 699476						
6:00-6:45PM  Zumba Jenni 295-620-753 PW: 067159	6:30-7:15PM  Zumba Kaitlyn 835-2809-9317	6:00-6:45PM  Zumba Jenni 295-620-753 PW: 067159	6:30-7:15PM  Zumba Kaitlyn 835-2809-9317			
7:00-7:45PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay		7:00-7:45PM Shotokan Karate Maura 955-430-5900 PW: SenseiWay				

### GROUP EXERCISE CLASS POLICIES

Masks are **REQUIRED** in our facilities, including during all in-person fitness classes.

You must bring your own mat.

Registration is **REQUIRED** for in-person fitness classes.

### ROOM CAPACITY & EQUIPMENT AVAILABILITY LIMITS CLASS SIZE

Aerobics Studio & Gymnasium - 15 Participants

Lap Pool - 9 Participants

Teaching Pool - 4 Participants



UPDATED  
JANUARY 21, 2021

Virtual Classes are held on Zoom  
PLEASE NOTE: You need an internet connection to take part in our Virtual Classes

#### HOW TO USE ZOOM

Step 1	Open your web browser
Step 2	
Step 3	Meeting ID --> 521-967-6068 Password --> PW: 262216
Step 4	Click Join
Step 5	Enter Password
Step 6	Have fun!

## EAST SIDE BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:00-8:45AM  Aqua Fit Sue [TP]		8:00-8:45AM  Aqua Fit Sue [TP]	
9:00-9:45AM  Chair Yoga George [G]	8:30-9:15AM  Lo Impact Cardio Kathy P [G]	9:00-9:45AM  Tai Chi George [G]	8:30-9:15AM  Lo Impact Cardio Kathy P [G]	8:30-9:15AM Group Resistance Kathy P [G]
9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]		9:00-9:45AM  Water Aerobics Sue [LP]
10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]		10:00-10:45AM  Water Aerobics Sue [LP]
		5:45-6:30PM Workout of the Day Tricia [G]		1:00-1:45PM  Chair Yoga George [G]
				5:30-6:15PM Workout of the Day Tricia [G]

Class Types
 BeachBody
 Les Mills
 Spinning
 Water Aerobics
 Yoga
 Zumba

East Side Locations
[G] Gymnasium
[LP] Lap Pool
[TP] Teaching Pool

West Side Locations
[A] Aerobics Studio
[V] Virtual

## WEST SIDE BRANCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15-6:00AM  Spinning Carl [A]		5:15-6:00AM  Spinning Carl [A]	5:15-6:00AM  Spinning Sheryl [A]		
6:00-6:45AM  Les Mills BodyPump Sue [A]		6:00-6:45AM  Spinning Sue [A]		6:15-7:00AM  Les Mills BodyPump Sue [A]		
8:00-8:45AM  Yoga Flow Cathy [A]		8:00-8:45AM  Yoga Christina [A]	8:15-9:00AM  Yoga Flow Cathy [A]	8:00-8:45AM  Yoga Christina [A]	8:00-8:45AM  Spinning Kim [A]	8:30-9:15AM  Spinning Kim [A]
9:15-10:00AM R.I.P.P.E.D. Kaitlyn [A]		9:30-10:15AM  Les Mills BodyPump Lisa [A]	9:30-10:15AM Interval Training Lisa [A]	9:30-10:15AM  Zumba Gold Kathy [A]	9:30-10:15AM  Les Mills BodyPump Candice [A]	9:45-10:30AM  Yoga Flow George [A]
		11:00-11:45AM Lo Impact Cardio & Strength Lisa [A]		10:30-11:15AM R.I.P.P.E.D. Kaitlyn [A]	11:00-11:45AM  Yoga Flow George [A]	11:00-11:45AM  Les Mills BodyPump Lisa [A]
1:00-1:45PM  Zumba Gold Kathy [A]	12:30-1:15PM  Spinning Jim [A]	12:15-1:00PM Lo Impact Cardio & Strength Lisa [A]	12:30-1:15PM  Spinning Jim [A]	1:00-1:45PM  Zumba Gold Kathy [A]		
4:30-5:15PM Core, Cardio & More Cat [A/V]	4:00-4:45PM  Zumba Kaitlyn [A/V]	4:30-5:15PM  PiYo Candice [A]	4:30-5:00PM Cardio HIIT Cat [A/V]			
5:30-6:15PM  Spinning Kim [A/V]	5:00-5:45PM  P90X Candice [A]	5:30-6:15PM  Spinning Kim [A/V]	5:30-6:15PM  Les Mills BodyPump Tina N [A]	5:30-6:15PM  Yoga Christina [A]		
	7:00-7:45PM Shotokan Karate Maura [A/V]	6:30-7:15PM  Zumba Kaitlyn [A/V]	7:00-7:45PM Shotokan Karate Maura [A/V]	6:30-7:15PM  Zumba Kaitlyn [A/V]		

### RESERVATIONS ARE REQUIRED

Reserve your spot today  
Visit [www.wallingfordymca.org](http://www.wallingfordymca.org)  
Call 203-269-4497

