

**NORTHWEST CT YMCA**  
**WINSTED BRANCH**  
**FITNESS SCHEDULE**

FALL 1 (September 7- November 1, 2009)

<b><u>MONDAY</u></b>	<b><u>TUESDAY</u></b>	<b><u>WEDNESDAY</u></b>	<b><u>THURSDAY</u></b>	<b><u>FRIDAY</u></b>	<b><u>SATURDAY</u></b>
<b>8-9 AM ALL TERRAIN (SPINNING)</b>		<b>8-9 AM ALL TERRAIN</b>		<b>8-9 AM ALL TERRAIN</b>	<b>8:00-9:00AM ALL TERRAIN</b>
<b>9-10 AM ALL TERRAIN</b>	<b>9-10 AM ALL TERRAIN</b>	<b>9-10 AM ALL TERRAIN</b>	<b>9-10 AM INTERVAL (SPINNING)</b>	<b>9-10 AM ALL TERRAIN</b>	<b>9:00- 10:00 AM CARDIO KICKBOXING (to begin 9/26/09)</b>
	<b>10:30-11:30 SILVER SNEAKERS (2)</b>	<b>10:30-11:30 SILVER SNEAKERS (1)</b>  <b>*slower paced</b>	<b>10:30-11:30 SILVER SNEAKERS(2)</b>	<b>10:30-11:30 AM YOGA</b>	
<b>5:30-6:30 PM INTERVAL (SPINNING)</b>		<b>5:30-6:30 PM ALL TERRAIN</b>			
<b>6:30-7:30 PM 20/20/20</b>	<b>6:00-7:00 PM STEP &amp; CIRCUIT</b>	<b>6:30-7:30 PM TOTAL BODY CONDITIONING</b>	<b>6:00-7:00 PM ZUMBA</b>	<b>6:00-7:00 PM STABILITY BALL/ BODY SCULPTING</b>	

All of our instructors hold certifications from the most reputable organizations including AFAA, ACE, ACSM and NETA. The YMCA takes pride in hiring qualified individuals who, with specific training, will understand the importance of and exhibit the YMCA principles.

Land fitness classes are available to all facility members as part of their membership. Program members may participate in fitness classes by signing up for Unlimited Fitness. Please note that Aquacise and any water-based classes are not part of land fitness of Unlimited Fitness but are a separate registration.