



YMCA OF MIDDLETOWN
ADULT & TEEN GROUP FITNESS CLASSES
 Effective 5/1/17

YMCA of Middletown
 81 Highland Avenue
 Middletown, NY 10940
 845-344-9622
 www.middletownymca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	5:45 – 6:30AM CYCLING Cycling Studio John	5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	5:45 – 6:30 AM TABATA Studio John	5:45 – 6:30 AM TOTAL BODY CIRCUIT Studio Lauren	8:30 – 9:30 AM*+ CYCLING w/Laura Cycling Studio (Pass required)
8:00 – 8:45 AM Light & Lively Studio Danny	8:00 – 8:45 AM CHIGONG Studio Randi	8:00 – 8:45AM Light & Lively Studio Danny	8:50 – 9:50AM * YOGA – Mixed level Studio Randi	8:00—8:45AM TRX (Space limited—pass required) Studio Laura	8:45 – 9:30 AM *+ TABATA w/Inst. rotate Studio
9:00 – 10:00 AM* CYCLING Cycling Studio Deb	8:50 – 9:50 AM* YOGA – Mixed level Studio Randi	9:00 – 10:00 AM* CYCLING Cycling Studio May	9:00 – 9:45 AM* CYCLING Cycling Studio Jen	9:00 – 10:00 AM* CYCLING Cycling Studio Deb	9:45 – 10:45 AM*+ "Y" PUMP Jennifer/Deb Studio
9:00 – 9:45 AM* B & B 45 Studio Danny	9:00 – 10:00 AM* CYCLING Cycling Studio Jen O.	9:00 – 9:50 AM * STRENGTH & CONDITIONING Studio Laura	9:15 – 10:00 AM * ZUMBA Gymnasium Danny	9:00-9:50 AM * STRENGTH & CONDITIONING Studio Jennifer	10:00-11:00*+ CardioSculpt w/Truly Base Camp
10:00 – 11:00 AM* TOTAL BODY INTERVAL Studio Val	9:15 – 10:00 AM * ZUMBA Gymnasium Danny	10:00- 11:00 AM * PILOXING Studio Val	9:00 – 10:00 AM* SENIORCIZE Wellness Center Mark/ May	10:00- 11:00 AM* TABATA Studio Val	11:00-12:00PM*+ ZUMBA w/Rocio Studio
11:15– 12:15 PM*+ YOGA Studio Elizabeth	9:00 – 10:00 AM* SENIORCIZE Wellness Center Mark/ May	4:30 – 5:30 PM*+ INSANITY! Studio Kelly	10:00 – 11:00 AM* "Y" PUMP Studio Jennifer	5:00 – 5:55PM*+ PILATES Studio Leah	1:00 – 1:45PM Super Hero Saturday Interval Training w/ Jay Studio
4:30 – 5:30 PM*+ CYCLING Cycling Studio Jennifer	10:00 – 11:00 AM* "Y" PUMP Studio Val	4:30 – 5:30 PM*+ CYCLING Cycling Studio Laura	10:00 – 11:00 AM* CARDIOSCULPT Base Camp Truly	6:00– 7:00 PM*+ ZUMBA (Family) ages 6 & up Studio Danny	8:30– 9:30 AM CYCLING w/Katherine/Jen O. Cycling Studio
4:30 – 5:30 PM *+ "Y" PUMP Studio Laura	10:00 – 11:00 AM* CARDIOSCULPT Base Camp Truly	5:35 – 6:35 PM*+ BOOT CAMP Gym Joe	4:30 – 5:15PM*+ TRX (Space limited—pass required) Studio Kelly	6:15 – 7:00 PM*+ Barre Core Fusion Base Camp (Space limited—pass required) Leah	8:50 – 9:50 AM*+ YOGA w/Randi Studio
5:45– 6:30 PM*+ TABATA Studio Laura	4:30 – 5:15 PM*+ TRX (Space limited– pass required) Studio Kelly	5:45– 6:30 PM*+ BATTLEROPIA Studio (Space limited) Jay	5:30 – 6:35 PM*+ HALF + HALF Studio Deb	7:15—8:00 PM*+ PiYo Studio Beth	10:00 – 11:00 AM*+ PILATES w/Leah Studio
5:45 – 6:30 PM*+ BEGINNER CYCLING Cycling Studio Mary	5:30 – 6:35 PM*+ HALF + HALF Studio Deb	6:00 – 7:00 PM *+ Meditation for Optimal Health Conference Room Jennifer	6:00 – 7:00 PM*+ CYCLING Cycling Studio Jen O.	8:15 – 9:15PM + ZUMBA Studio Maechin	11:15 – 12:15 PM*+ ZUMBA (Family) ages 6 & up Danny Studio
6:45 – 7:45 PM*+ ZUMBA Studio Maechin	6:00– 7:00 PM*+ CYCLING Cycling Studio Jennifer	6:45– 7:30 PM*+ PiYo Katherine/Mira Studio	7:00 – 7:30PM*+ JUST KETTLEBELLS Base Camp John	1:00 – 1:45PM Super Hero Sunday Interval Training w/ Jay Studio	
7:00– 8:00 PM*+ STRENGTH & STRETCH Base Camp Kevin	6:45 – 7:45 PM*+ BEGINNER YOGA Studio Elizabeth	7:45 – 8:30 PM P90X Studio Jay	6:45 – 7:45PM*+ YOGA Studio Tami	ROOM LOCATIONS: Wellness Center – 1st Floor Studio – Lower Level Conference Rm-Lower Level Base Camp – Lower Level Cycling Studio – 1st floor <i>Classes & times are subject to change.</i>	
8:00– 9:00 PM WARRIOR ROPES (NEW) Studio (Space limited) Amelia	8:00 – 9:00 PM+ ZUMBA Studio Jonathon		8:00 – 9:00PM+ ZUMBA Studio Rocio	*Child Watch Open +YFRC Open	

B&B 45– This 45 minute interval class, combining bodyweight and resistance band exercises, is a full body workout that will help increase strength, endurance and flexibility. All fitness levels welcome.

Barre Core Fusion – Use your body’s weight as resistance to sculpt, strengthen and lengthen with little or no impact. **BCF** combines small and large ranges of motion with isometric holds and deep stretching with the core strength focus of Pilates to create a long, lean, centered body. **(Pass required)**

BattleRopia – Increase stamina and endurance with this fast paced, high intensity interval class. Each interval combines battle rope basics, advanced battle rope techniques and cardio blasts. All skill levels are welcome. Modifications are always available. **(Space limited– first come, first served)**

Boot Camp Workout – Specially designed for ALL fitness levels. This workout focuses on pushing you outside your comfort zone, past where you can push yourself. This workout uses weights, tubing, balls, discs, jump ropes etc...This class will help you lose weight and build endurance, increase flexibility, promote better posture and improve balance.

CardioSculpt – A low impact class that will raise your heart rate while sculpting, toning and elongating your muscles. This will strengthen your core, arms legs and balance while creating a lean physique. Use of the ballet barre may be incorporated in the workout.

Chigong – Movement, self-massage, breathing and meditation increase the body’s reservoir of life energy or chi to bring harmony and balance to the body, mind and spirit, thereby creating health and longevity. This easy to learn exercise strengthens joints and muscles, enhances balance and stimulates the immune and cardiovascular systems. Deep relaxation is achieved creating an overall feeling of well-being and contentment. Chigong is highly effective in the treatment of heart disease, arthritis, diabetes, cancer, chronic fatigue, chronic pain and rehabilitative therapy.

Half and Half – Work up a sweat and burn fat using components from step, hi/lo impact aerobics, sport drills and strength training. This class uses a little bit of everything to whip you into shape. A high intensity, low to moderate impact class designed for all fitness levels. Class ends with abdominal toning and a total body stretch. Class is appropriate for all fitness levels.

INSANITY – A high intensity total body conditioning program based on the principles of MAX Interval Training which is safe and challenging for the results driven experience. Challenge your inner athlete through plyometrics, speed, strength, agility, and coordination. No equipment needed, modifications are offered so this class is suitable for all fitness levels.

Just Kettlebells – This class is designed to introduce you to the foundations of Kettlebell fitness and training. This class is suited for the rookie and the veteran. This class focuses on basic technique. This is a 30 minute energy filled experience.

Light & Lively – A class for beginners & the active older adults. Class includes light dance aerobics and exercise for fitness, flexibility, and balance.

Meditation for Optimal Health – Meditation significantly reverses the degenerative health effects of stress so come to the Y’s new meditation class where you will learn basic meditation techniques that can be easily applied to your everyday life. Improved sleep, decreased anxiety, lower blood pressure, increased immune function, increased production of body chemicals that fight and destroy cancer cells, lower level of stress hormones such as cortisol, and decreased depression and addictive behaviors are just a few of the many benefits you will receive from meditation!

P90X –This high intensity class offers an amazing amount of variety with each workout targeting a specific goal and focuses on agility, balance, and mobility. It combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching. Class is appropriate for all fitness levels.

Pilates – Condition the mind and body to strengthen the body’s core unit. A series of exercises will help to develop strength, flexibility and core strength. All levels welcome.

PILOXING – A non-stop mix of Pilates, dance, and boxing moves that progress in 3 minute rounds, alternating standing sculpting exercises from ballet and Pilates with the power punches and footwork of boxing.

PiYo – PiYo Strength is a hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates, as well as the principle of sports stretch, strength training, conditioning and dynamic movement. There is not meditation involved in this class. Class includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

Seniorcize – A group exercise class designed specifically for the active older adult. The class is led by two certified personal trainers who utilize the Cybex strength equipment, hand weights, physioballs, and indoor track. Benefits from this class will include improved: strength, flexibility, balance, cardiovascular endurance, and core stability.

Strength & Conditioning – This 45 minute class alternates between free weights, exercise tubing, stability balls, or other strength training and conditioning activities.

Strength and Stretch – This class incorporates Pilates based movement and stretch and strengthening exercises that will tone and firm your body like nothing else. All fitness levels welcome.

Super Hero Interval Training – This class incorporates high intensity interval training (HIIT). You will alternate short very high intensity intervals with longer, slower intervals to recover. This type of training improves performance and improves the ability of the muscle to burn fat.

TABATA – is a form of **High Intensity Interval Training** that offers more health benefits than traditional cardiovascular exercise. You will work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). You will recover for one to two minutes after each 4 minute interval. This workout increases endurance and stimulates fat loss.

Total Body Circuit – Boost your metabolism and get lean with our total body circuit — single sets of exercises, back-to-back, station-to-station. Exercises will be alternated with cardio intervals. Class is appropriate for all fitness levels.

Total Body Interval – A step aerobic interval class combining cardio and strength training to burn fat and tone muscles.

TRX – The TRX Suspension Trainer is the best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you want to challenge yourself on each on each exercise by simply adjusting your body position to increase or decrease resistance. **(Pass required)**

Warrior Ropes (NEW) – A high intensity interval class using battle ropes, body weight and hand weights. All fitness levels welcome. **(Space limited– first come, first served)**

“Y” PUMP – This 60 minute workout challenges all of your major muscle groups by using the best weight room exercises like squats, lifts, presses, and curls. Choreographed exercise along with your choice of weights. Class is appropriate for all fitness levels.

Yoga – Find new and interesting ways to increase your flexibility, enhance your breathing, reduce tension, and improve the quality of your life. Leave the class feeling stress-free and re-energized. All fitness levels welcome.

Zumba (Ages 13 & up) – A fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system! Routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps. **Family Zumba** – Ages 6 & up.