



SOUTH ORANGE FAMILY YMCA

# Adult Group Exercise Schedule - Effective 1-2-18

Monday-Friday 5:00am-10:00pm / Saturday 7:00am-5:00pm / Sunday 8:00am-4:00pm

SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext.

Monroe, NY 10950

845.782.9622

WWW.MIDDLETOWNYMCA.ORG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>6:00-6:45am</b> <b>Cycle</b> Bob/ Cycling Studio</p> <p><b>9:30-10:15am *</b> <b>Yoga**</b> Meghan / Yoga Studio</p> <p><b>9:30-10:15am*</b> <b>15/15/15**</b> Tina M. / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Cycle**</b> Kristi / Cycling Studio</p> <p><b>10:30-11:15am*</b> <b>TRX</b> Vera / Group Studio</p> <p><b>11:30-12:15</b> <b>Light-n-Lively</b> Michele / Group Studio Senior Friendly</p> <p><b>4:30-5:15pm*</b> <b>Y-Pump**</b> Michele / Group Studio</p> <p><b>5:30-6:15pm*</b> <b>Zumba**</b> Dawn / Group Studio</p> <p><b>6:00-6:45pm*</b> <b>Cycle **</b> Susannah / Cycling Studio</p> <p><b>6:30-7:15pm*</b> <b>Club Zumba**</b> Orlando / Comm. Flex</p> <p><b>6:30-7:15pm*</b> <b>Pilates**</b> Tina / Yoga Studio</p> <p><b>6:30-7:15pm*</b> <b>NEW!</b> <b>Intensity**</b> Truly / Group Studio</p> <p><b>7:30-8:15pm*</b> <b>Kundalini Yoga &amp; Meditation**</b> Helena / Yoga</p> <p><b>7:30-8:15pm</b> <b>NEW!</b> <b>Mixedfit**</b> Christine/ Group Studio</p>	<p><b>5:30-6:15am</b> <b>3 in 1</b> Tina M. / Group Studio</p> <p><b>8:30-9:15am</b> <b>Circuit</b> Maria / Group Studio</p> <p><b>9:30-10:15am*</b> <b>NEW!</b> <b>Boot Camp**</b> Maria / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Cycle**</b> Rotation / Cycling Studio</p> <p><b>11:00-11:45am*</b> <b>Light &amp; Lively**</b> Michele / Group Studio Senior Friendly</p> <p><b>11:00-12:00pm*</b> <b>Yoga**</b> Janice / Yoga Studio</p> <p><b>4:30-5:15pm*</b> <b>Step-n-Tone**</b> Michele / Group Studio</p> <p><b>4:30-5:15pm*</b> <b>Zumba**</b> Janice / Yoga Studio</p> <p><b>5:30-6:15</b> <b>POUND **</b> Shakine / Yoga Studio</p> <p><b>5:30-6:15pm</b> <b>Extreme Ropes**</b> Dwayne / Group Studio</p> <p><b>5:30-6:30pm*</b> <b>Video Cycle**</b> Kristi / Cycling Studio</p> <p><b>6:30-7:15pm*</b> <b>Yoga**</b> Janice / Yoga Studio</p> <p><b>6:30-7:15pm*</b> <b>Fit in 45**</b> Lillian / Group Studio</p> <p><b>7:30-8:15pm*</b> <b>Tabata**</b> Wayne / Group Studio</p>	<p><b>6:00-6:45am</b> <b>Cycle</b> Bob / Cycle Studio</p> <p><b>8:30-9:15am</b> <b>Y-Pump</b> Tina M. / Group Studio</p> <p><b>9:30-10:15am*</b> <b>NEW!</b> <b>Shuffle**</b> Rafael / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Cycle**</b> Kristi / Cycling Studio</p> <p><b>9:30-10:30am*</b> <b>Barre Fusion**</b> Truly / Yoga Studio</p> <p><b>10:45-11:30am*</b> <b>TRX**</b> Kristi / Community Flex</p> <p><b>10:45-11:45am*</b> <b>Open Yoga**</b> Janice / Yoga Studio</p> <p><b>4:30-5:15pm*</b> <b>15-15-15**</b> Michele / Group Studio</p> <p><b>5:30-6:15pm*</b> <b>She's back!</b> <b>P90X Live **</b> Bekah / Group Studio</p> <p><b>5:30-6:15pm*</b> <b>Pilates**</b> Tina / Yoga Studio</p> <p><b>6:00-6:45pm*</b> <b>Cycle-Tuff Ride**</b> Susannah / Cycling Studio</p> <p><b>6:30-7:15pm*</b> <b>Club Zumba**</b> Orlando / Group Studio</p> <p><b>6:30-7:15pm*</b> <b>Yoga**</b> ★Rotating Instructor / Yoga Studio</p> <p><b>7:30-8:15pm</b> <b>NEW!</b> <b>I.V.A.**</b> (Imagine, Visualize Actualize) Lanette / Group Studio</p>	<p><b>5:30-6:15am</b> <b>Cardio Kickbox &amp; Kettlebell</b> Scott / Group Studio</p> <p><b>9:00-9:45am*</b> <b>Zumba Basic**</b> ★Rotating Instructor / Comm. Flex Senior Friendly</p> <p><b>9:00-9:45am*</b> <b>Yoga **</b> Eileen / Yoga Studio</p> <p><b>9:30-10:15am*</b> <b>Tabata**</b> Wayne / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Cycle **</b> Maureen / Cycling Studio</p> <p><b>10:00-10:45am*</b> <b>Chair Yoga**</b> Janice / Yoga Room</p> <p><b>11:00-11:45am*</b> <b>Light &amp; Lively**</b> Michele / Group Studio Senior Friendly</p> <p><b>5:30-6:15pm*</b> <b>PIYO **</b> Beth / Group Studio</p> <p><b>5:30-6:30pm*</b> <b>Video Cycle**</b> ★Rotating Instructor / Cycle Studio</p> <p><b>6:45-7:30*</b> <b>Yoga **</b> Lis/ Yoga Studio</p> <p><b>7:00-7:45pm*</b> <b>Tabata**</b> Wayne / Group Studio</p> <p><b>8:00-8:45pm</b> <b>Club Zumba</b> Orlando / Group Studio</p>	<p><b>8:30-9:15am</b> <b>Video Cycle</b> Trisha / Cycling Studio</p> <p><b>9:30-10:30am*</b> <b>Barre Fusion **</b> Truly / Yoga Studio</p> <p><b>9:30-10:15am*</b> <b>NEW!</b> <b>Extreme Ropes**</b> Dwayne / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Video Cycle**</b> Kristi /Cycling Studio</p> <p><b>10:45-11:30am*</b> <b>Release**</b> Truly / Group Studio</p>	<p><b>8:00-8:45am</b> <b>Tabata</b> Wayne / Group Studio</p> <p><b>8:00-9:00am</b> <b>Cycle-Tuff Ride</b> Susannah / Cycling Studio</p> <p><b>9:00-10:00am*</b> <b>Dance Xross Fitness**</b> Stephanie / Group Studio</p> <p><b>9:30-10:30am*</b> <b>Cycle**</b> Tina / Cycling Studio</p> <p><b>9:30-10:30am*</b> <b>Pilates**</b> Susannah / Yoga Studio</p> <p><b>9:30-10:15am*</b> <b>Club Zumba**</b> Orlando / Comm. Flex</p> <p><b>10:10-11:00am*</b> <b>Insanity **</b> Vera / Group Studio</p> <p><b>11:00-11:45am*</b> <b>Zumba**</b> Lauren / Group Studio</p> <p><b>12:00 - 12:45PM</b> <b>H.I.T.T.</b> Tina / Group Studio</p>
				<p><b>Zumba/PIYO/Bouje</b> <b>Insanity/Tabata/TRX</b> May require a pass. Sign up begins 30 min. prior to class <b>*Child Watch</b> M-Th 9-12pm &amp; 5:00-8:30pm Fri. 9-12pm &amp; 5:00-7pm Sat. 9-1pm &amp; Sun. 9-1:45pm <b>**Youth Center</b> M-Th 5:00-8:30pm Fri. 5:00-7pm Sat. &amp; Sun. 9-1pm Sat. 9-1pm Sun. 9-1:45pm For scheduled days off from school, not including snow days: M-Fri 9am-12pm.</p>	<p><b>SUNDAY</b></p> <p><b>9:00-10:00am*</b> <b>Cycle-Tuff Ride**</b> ★Rotating / Cycling Studio</p> <p><b>9:00-9:45am*</b> <b>Yoga**</b> Marisol / Yoga Studio</p> <p><b>9:00-9:45am*</b> <b>Step**</b> Stephanie / Group Studio</p> <p><b>10:00-10:45am*</b> <b>Strictly Strength**</b> Stephanie / Group Studio</p> <p><b>10:00-10:45am*</b> <b>PIYO **</b> Kacey /Yoga Studio</p> <p><b>11:00-11:45am*</b> <b>NEW INSTRUCTOR!</b> <b>TRX**</b> Rafael / Group Studio</p> <p><b>12:00-12:45pm*</b> <b>Tabata 3.0**</b> Wayne / Group Studio</p> <p><b>1:00-1:45pm*</b> <b>NEW!</b> <b>Mixedfit**</b> Christine/ Group Studio</p>

\* All classes, instructors, times & days are subject to change. ★Check our app or Facebook post for all rotation and day to day updates.

**3 in 1: CARDIO,CORE & STRENGTH, 45 min.** Challenge your whole body with ever changing workouts to create endurance, & raise your metabolism in order to reach your fitness goals. All levels welcome.

**Barre Fusion:** This class raises your heart rate, strengthens your core, tones and elongates your muscles using light weights and calisthenics at the barre. All levels welcome .

**Barre Yoga:** This class is a perfect combination for members who enjoy Pilates, Barre and Yoga. This fusion class will strengthen your core, tone and elongate your muscles while using light weights, bands and gliders. It will also focus on breathe, meditation and mindfulness. All levels welcome.

**Boot Camp:** Get in shape, lose weight and have fun doing it. Each class will vary but will incorporate core conditioning, agility drills, abdominal toning and cardiovascular exercise with short distance running drills, body-weight resistance training, strength building and more.

**Cardio Kickbox & Kettlebell:** Kick your workout into high gear with a combination of kettlebell training and kickboxing drills that make this a great heart pumping workout. The main focus of this class includes strength training, breathing, and body alignment.

**Chair Yoga:** This is a traditional Yoga class that uses a chair as a prop to help those who may be unable to move up and down with ease. Perfect for people with arthritis, who are pregnant, have limited range of motion or are recovering from an injury. The use of straps and blocks will be used increase flexibility. Portions of this class will be done standing. All levels are welcome.

**Circuit:** Have fun working out while moving from station to station for short bursts of time. This class will get your heart rate up and running, as well as toning every body part. A complete work out. ALL levels welcome.

**Club Zumba:** Just like Zumba but in a “club-like” atmosphere in the dark with disco lights. Your workout will make you feel like you’re out for a night on the town! All levels welcome.

**Core de Force Live:** This is an empowering, core focused workout inspired by mixed martial arts. No equipment needed. All fitness levels welcome (modification options will be provided). Be prepared to punch, kick, sweat, and WORK. ALL levels welcome.

**Cycle:** Experience interval rides, hills and sprints. This is a great cardio workout and calorie burner. You will work your heart, legs and core while listening to motivating music. All levels welcome.

**Cycle “Tuff” Ride:** This cycle class is a more challenging ride with longer songs, higher climbs and more intense endurance segments. This class is perfect for riders with cycle experience, but first timers are always welcome.

**Cycle (Video Cycle):** Watch music videos on our huge projector and have fun working out to your favorite music. All levels welcome.

**Dance Xross Fitness:** This class is Dance, Kickboxing, Strength Training and Soul Line Dance - 60 minutes, includes warm up and cool down, suitable for all levels of fitness. No dance experience is necessary!

**Extreme Ropes:** This 45 minute class has intense 30-60 second intervals, utilizing ropes, plyometrics, strength and core training. Reach your total body workout goals while having fun! All levels welcome. Modifications given.

**Fit in 45:** This class is 45 min. of full body weight training, utilizing hand weights, weighted bars, step boxes, a stability ball and mat, beginning with a warm up and concluding with a stretch.

**H.I.I.T.:** Change the way you work out. Get pumped for this 45 minute total-body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full body strength training with high intensity cardio bursts designed to tone your body, improve endurance and clear your mind.

**Insanity:** This 45 min. total body conditioning program is based on the principles of MAX Interval Training. No equipment is needed. Modifications provide a safe and challenging, results-driven experience! Suitable for all fitness levels.

**Intensity:** Be prepared to work at a higher level with circuits of cardio, combined with focused super sets of strength. New monthly programs will challenge your body and mind, making you strong, lean and defined. Recommended for intermediate level but modifications will be given to beginners.

**IVA:** I.V.A FITNESS™ is a group fitness interval training program designed to work on every part of your body through dance (Hip Hop, Reggae, Soca, Latin & more) strength and core routines (Kickboxing, Capoeira, Yoga, weight training & more) set to the music we love. This results-driven program will leave you feeling empowered, strong, toned and accomplished! All levels welcome.

**Light & Lively:** Great for all levels of fitness. This class combination of cardio conditioning and toning is simple and easy to follow. It will leave you feeling energized all day. Seniors welcome.

**Mixedfit:** This 45 min. class is a people inspired dance fitness program incorporating explosive movements & boot camp toning. All fitness levels welcome. This format can be modified for everyone.

**Pilates:** Pilates is a form of exercise to strengthen the core while improving the breathe, flexibility and stability of the body. Light weights, bender balls, stability balls or gliders may be used. All levels welcome.

**P90X Live:** This class is a complete fitness program designed to get you in the best shape of your life. The program includes intense workouts that use resistance and body-weight training, cardio, plyometrics, ab work, martial arts and yoga.

**PIYO:** This 45 minute strength based Pilates/Yoga fusion class is performed barefoot on a yoga mat set to contemporary music. All levels are welcome.

**POUND:** Using Ripstix®, lightly weighted drumsticks, POUND is an exhilarating full-body workout combining cardio, conditioning, and strength training. Burn calories, strengthen and sculpt infrequently used muscles and drum your way to a leaner, slimmer you all while rocking out to great music. All levels welcome.

**Release:** This 45 minute class focuses on proper foam rolling techniques. Foam rolling is an affordable way to experience a deep tissue massage. Foam rollers help break up knots, adhesions and scar tissue to speed up the healing and recovery process after a workout. Foam roller will be provided. All levels welcome.

**Shuffle:** This 45 min. full body workout includes weights, calisthenics, strength training ALL with a deck of cards! Every class is different, due to the cards that are chosen! Challenge yourself w/ this interval class. Modifications for all levels are given.

**Step:** A series of choreographed movements utilizing a step bench will keep your body moving and heart rate up as you burn calories to some fun pop music. All levels welcome.

**Step & Tone:** You will use hand weights while stepping to popular music. Simple step movements help keep your heart rate up while light hand weights sculpt your entire body. This class is designed to improve your cardiovascular endurance as well as strengthen your core. All levels welcome.

**Strictly Strength:** You will use a variety of sizes of hand weights, bands and barbells to sculpt and tone the entire body with high repetitions to increase muscle tone which raises your metabolism to burn fat more efficiently. All levels welcome.

**Tabata:** This 45 minute circuit-type class has all of the benefits of cardiovascular exercise as well as the benefits of weight training all wrapped up into one! Tabata falls into the category of HIGH INTENSITY interval training. Not for the feint-of-heart!

**Tabata 3.0:** Same as the above Tabata but 3x around! Also not for the feint-of-heart!

**TRX:** The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and your bodyweight to perform hundreds of exercises. You’re in control of how much you want to challenge yourself on each exercise - because you can simply adjust your body position to add or decrease resistance.

**20/20/20 or 15/15/15:** 20 or 15 minutes of cardiovascular activity, 20 or 15 minutes of strength training and 20 or 15 minutes of abdominal work. Get a full-body workout in one action-packed hour. All levels welcome.

**Yoga:** This traditional class uses a series of poses, breathing techniques and meditation to activate the body, mind and spirit. The poses will strengthen muscles, improve flexibility as well as mindfulness. All levels welcome.

**Yoga & Meditation:** This class includes the moves of a traditional class with an added element of meditation during the last segment of class for ultimate relaxation and rejuvenation. All levels.

**Y Pump:** 45 min. of choreographed exercise using barbells with plates. This total body workout challenges your muscle groups with high repetitions while tricking the muscle. A 5-minute warm up and cool down are included so come ready to pump!

**Zumba:** A fusion of Latin and international dance music. Aerobic fitness interval training with a combination of fast and slow rhythms. Tone and sculpt your body while burning calories and enjoying easy-to-follow dance steps.

**Zumba Basic:** This class is a little slower paced tempo for the deconditioned/beginner or the

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