



SOUTH ORANGE FAMILY YMCA

Adult Group Exercise Schedule - Effective 5-8-17

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	SUNDAY
<p>6:00-6:45am Cycle Lis/ Cycling Studio</p> <p>9:15-10:00am* Yoga Patricia / Yoga Studio</p> <p>9:30-10:30am* 20/20/20 Rebekah / Group Studio</p> <p>9:30-10:30am* Cycle Kristi / Cycling Studio</p> <p>10:30-11:15am Bouje Roby / Group Studio</p> <p>11:30-12:15 Light-n-Lively Michele / Group Studio Senior Friendly</p> <p>4:30-5:30pm* Y-Pump** Michele / Group Studio</p> <p>5:30-6:15pm* Zumba** Dawn / Group Studio</p> <p>6:00-6:45pm* Cycle** Susannah / Lis / Cycling Studio</p> <p>6:00-6:45pm* Club Zumba** Orlando / Comm. Flex</p> <p>6:30-7:15pm* Pilates** Tina / Yoga Studio</p> <p>6:30-7:15pm* P90X Live** Mira / Group Studio</p> <p>7:30-8:15pm* Kundalini Yoga & Meditation** Helena / Yoga</p> <p>7:30 - 8:15PM H.I.I.T. Roby / Group Studio</p> <p>8:30-9:15pm Boujé Roby / Group Studio</p>	<p>5:30-6:15am 3 in 1 Tina M. / Group Studio</p> <p>8:30-9:15am Circuit Maria / Group Studio</p> <p>9:30-10:15am* Total Body Workout Mira / Group Studio</p> <p>9:30-10:30am* Cycle Trisha / Cycling Studio</p> <p>11:00-12:00pm* Yoga Trisha / Yoga Studio</p> <p>1:00-1:30pm Strong-n-Tone Karry / Group Studio Senior Friendly</p> <p>4:30-5:15pm* Step-n-Tone** Michele / Group Studio</p> <p>5:30-6:15 POUND** Shakine / Yoga Studio</p> <p>5:30-6:15pm* Insanity** Mira/ Group Studio</p> <p>5:30-6:30pm* Video Cycle** Kristi / Cycling Studio</p> <p>6:30-7:15pm* Yoga** Janice / Yoga Studio</p> <p>6:30-7:15pm* Fit in 45** Lillian / Group Studio</p> <p>7:30-8:15pm* Barre Fusion** Truly / Yoga Studio</p> <p>7:30-8:15pm* Tabata** Wayne / Group Studio</p>	<p>6:00-6:45am Cycle Bob / Cycle Studio</p> <p>8:30-9:15am Y-Pump Trisha / Group Studio</p> <p>9:30-10:15am* P90X Live Mira / Group Studio</p> <p>9:30-10:15am* TRX Kristi / Community Flex</p> <p>9:30-10:30am* Cycle Intensity Dave / Cycling Studio</p> <p>9:30-10:30am* Barre Fusion Truly / Yoga Studio</p> <p>10:45-11:45am* Open Yoga Janice / Yoga Studio</p> <p>4:30-5:15pm* 20-20-20** Rebekah / Group Ex.</p> <p>5:30-6:15pm* P90X LIVE** Rebekah / Group Studio</p> <p>5:30-6:15pm* Pilates** Tina / Yoga Studio</p> <p>6:00-6:45pm* Cycle-Tuff Ride** Susannah / Cycling Studio</p> <p>6:30-7:15pm* Zumba** Lauren / Group Ex. Room</p> <p>6:30-7:15pm* Yoga** Rotating / Yoga Studio</p> <p>7:30-8:15pm* Kundalini Yoga & Meditation** Helena / Yoga</p> <p>7:30-8:15pm* Strictly Strength** Stephanie / Group Studio</p> <p>8:30-9:15pm Bouje Roby / Group Studio</p>	<p>5:30 -6:15am Cardio Kickbox & Kettlebell Scott / Group Studio</p> <p>9:00-9:45am* Zumba Basic Dawn / Stephanie / Comm. Flex Senior Friendly</p> <p>9:00-9:45am* Yoga Trisha / Yoga Studio</p> <p>9:30-10:30am* Cycle Maureen / Cycling Studio</p> <p>9:30-10:30am* Strictly Strength Karry / Group Studio</p> <p>10:00-10:45am* Chair Yoga Janice / Yoga Room</p> <p>11:00-11:45am* Light & Lively Michele / Group Studio Senior Friendly</p> <p>1:00-1:30pm Strong & Tone Michele / Group Studio Senior Friendly</p> <p>4:30-5:15pm* Insanity** Rebekah / Group Studio</p> <p>5:30-6:15pm* PIYO** Rebekah / Group Studio</p> <p>5:30-6:30pm* Video Cycle** Kristi / Stephanie / Cycle Studio</p> <p>7:00-7:45pm* Tabata** Wayne / Group Studio</p> <p>7:15-8:00* NEW TIME! Yoga** Lis/ Yoga Studio</p> <p>8:00-8:45pm Club Zumba Alisha / Group Studio</p>	<p>8:30-9:15am NEW TIME! Video Cycle Trisha / Cycling Studio</p> <p>9:15-10:15am* Yoga Helena / Yoga Studio</p> <p>9:30-10:15am* Total Body Workout Mira / Group Studio</p> <p>9:30-10:30am* NEW TIME! Video Cycle Kristi /Cycling Studio</p> <p>10:30-11:15am* Bouje Roby / Group Studio</p> <p>4:30-5:15pm* PIYO** Kacey / Rebekah / Group Studio</p> <p>6:00-6:45pm* Bouje** Roby / Group Studio</p>	<p>8:00-8:45am Tabata Wayne / Group Studio</p> <p>8:00-9:00am Cycle-Tuff Ride Susannah / Cycling Studio</p> <p>8:00-8:45am Bouje Roby / Community flex</p> <p>9:00-10:00am* Dance Xross Fitness** Stephanie / Group Studio</p> <p>9:30-10:30am* Cycle** Tina / Cycling Studio</p> <p>9:30-10:30am* Pilates** Trisha / Yoga Studio</p> <p>10:10-11:00am* Insanity** Vera / Group Studio</p> <p>11:00-11:45am* Zumba** Lauren / Group Studio</p> <p>12:30 - 1:15PM H.I.T.T. Roby / Group Studio</p>	<p>9:00-10:00am* Cycle-Tuff Ride** Rotating / Cycling Studio</p> <p>9:00-9:45am* Yoga** Marisol / Yoga Studio</p> <p>9:00-9:45am* Step** Stephanie / Group Studio</p> <p>10:00-10:45am* Strictly Strength** Stephanie / Group Studio</p> <p>10:00-10:45am* PIYO** Kasey /Yoga Studio</p> <p>11:00-11:45am* TRX** Lourdes / Community Flex</p> <p>12:00-12:45pm* Tabata 3.0** Wayne / Group Studio</p> <p>1:00-1:45pm* Bouje** Roby / Group Studio</p>
<p>Zumba/PIYO/Bouje Insanity/Tabata/TRX May require a pass. Sign up begins 30 min. prior to class *Child Watch M-Th 9-12pm & 4:30-8:30pm Fri. 9-12pm & 4:30-7pm Sat. 9-1pm & Sun. 9-1:45pm</p> <p>**Youth Center M-Th 4:30-8:30pm Fri. 4:30-7pm Sat. & Sun. 9-1pm Sat. 9-1pm & Sun. 9-1:45pm Fall hours resume. No AM for M-Fri.</p>						

* All classes, instructors, times & days are subject to change. Check our app for 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 .

Boujé: Boujé means “to move” in Creole and is a high intensity international cardiorespiratory fitness program that includes various styles of movement such as tai-chi and dance, set to assorted music. It is designed to burn up to 1,000 calories in 1 hour by dividing the class into 4 sessions. 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.

Cardio Sculpt: Working at your level of intensity, Cardio Sculpt will raise your heart rate while sculpting, toning and elongating your muscles. Cardio Sculpt strengthens your core and improves your balance and posture while creating a lean physique. All levels welcome.

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 to 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.

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 Intensity: Not all intervals are created equal. Cycle Intensity uses high intensity interval training, alternating short bursts of high intensity surges with low to moderate intensity recovery periods. 60 intense minutes of calorie burn will get your body pumped-up for this extreme calorie-burn ride.

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!

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.

Kundalini Yoga & Meditation: It’s not your typical yoga. Called by practitioners, “the yoga of awareness”, this class aims to cultivate your creative spiritual potential, to uphold values, speak consciousness needed to serve and heal others. Combined with Reiki style meditation, this class is designed to increase focus and relaxation.

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.

Pilates: A unique way of using your own body’s weight to work out. Use your breath as well as your strength to move through poses and work up a sweat. Experience low impact and high results. All levels are 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.

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.

Strong & Tone: This 1/2 hr. class will strengthen your upper and lower body utilizing hand weights, bands and barbells. This class will help keep your bones dense and healthy while increasing muscle tone which raises your metabolism. All levels welcome. Seniors 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!

Total Body Workout: This class is a 20/10 interval style workout using a combination of exercises to create an entire body workout. All levels welcomed.

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

Yoga: This traditional class uses a variety of strength-building standing postures. You will also be introduced to breathing techniques as well as mindfulness. All levels welcome.

Y Pump: One hour 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 not-so-coordinated dancer. It’s designed to be easier to follow. Prepare to sweat. Seniors are welcome.