



**YMCA OF MIDDLETOWN  
ADULT & TEEN GROUP FITNESS CLASSES  
FREE with YMCA MEMBERSHIP**

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

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>9:00 – 9:45 AM</b> BEGINNER CYCLING Cycling Studio Ed	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>9:00 – 9:45 AM</b> ZUMBA Gymnasium Danny	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>8:30 – 9:30 AM</b> CYCLING Cycling Studio Laura
<b>8:00 – 9:00 AM</b> LIGHT & LIVELY Studio Rachel	<b>9:00 – 9:45 AM</b> ZUMBA Gymnasium Danny	<b>9:00 – 10:00 AM</b> CYCLING Cycling Studio Rachel	<b>9:00 – 10:00 AM</b> SENIORCIZE Wellness Center Mark/ Rachel	<b>8:00 – 8:55 AM</b> LIGHT & LIVELY Studio Rachel	<b>8:30 – 9:30 AM</b> CARDIO KICKBOXING Studio Loreen
<b>9:00 – 10:00 AM</b> CYCLING Cycling Studio Ed	<b>8:50 – 9:50AM</b> YOGA - Mixed level Studio Randi	<b>9:05 – 9:50 AM</b> STRENGTH & CONDITIONING Studio Ed	<b>8:50 – 9:50AM</b> YOGA - Mixed level Studio Randi	<b>9:00 – 10:00 AM</b> CYCLING Cycling Studio Deb	<b>9:45– 10:45 AM</b> "Y" PUMP Studio Marlo
<b>9:15 – 10:00 AM</b> STRENGTH & CONDITIONING Base Camp Judy	<b>9:00 – 10:00 AM</b> SENIORCIZE Wellness Center Mark/ Rachel	<b>10:00– 11:00 AM</b> Y CARDIO BLAST Studio Val	<b>10:00 – 11:00 AM</b> "Y" PUMP Studio Jennifer/Rachel	<b>9:05 – 9:50 AM</b> STRENGTH & CONDITIONING Studio Ed	<b>11:00–12:00PM</b> ZUMBA Studio Tamika
<b>9:45 – 10:45 AM</b> TOTAL BODY INTERVAL Studio Val	<b>10:00 – 11:00 AM</b> "Y" PUMP Studio Val	<b>4:30 – 5:30 PM</b> "Y" PUMP Studio Rachel	<b>4:30 – 5:15 PM</b> CYCLING Cycling Studio Bill	<b>10:00– 11:00 AM</b> TOTAL BODY INTERVAL Studio Val	<b>SUNDAY</b>
<b>4:30 – 5:30 PM</b> CYCLING Cycling Studio Deb	<b>4:30 – 5:15 PM</b> TRX (program fee applies) Studio Laura	<b>4:30 – 5:30 PM</b> CYCLING Cycling Studio Laura	<b>5:30 – 6:30 PM</b> HALF + HALF Studio Deb	<b>6:00– 7:00 PM</b> ZUMBA (Family) <b>ages 6 and up</b> Studio Danny	<b>8:50 – 9:50 AM</b> YOGA Studio Randi
<b>4:30 – 5:30 PM</b> "Y" PUMP Studio Laura	<b>5:30 – 6:30 PM</b> HALF + HALF Studio Deb	<b>5:30 – 6:30 PM</b> CALIENTE CARDIO CIRCUIT Base Camp Danny	<b>5:30 – 6:30 PM</b> BEGINNER YOGA <b>Temple Sinai</b> Jennifer		<b>9:00 – 10:00 AM</b> CYCLING Cycling Studio Mike
<b>5:35– 6:35 PM</b> <b>CXRT - *NEW*</b> Studio Bill/Joe	<b>5:30 – 6:30 PM</b> BEGINNER YOGA <b>Temple Sinai</b> Elizabeth	<b>5:35 – 6:35 PM</b> BOOT CAMP Studio Joe	<b>6:45 – 7:45 PM</b> ZUMBA (Family) <b>ages 6 and up</b> Studio Jennifer		<b>10:00 – 11:00 AM</b> PILATES Studio Leah
<b>5:45 – 6:30 PM</b> BEGINNER CYCLING Cycling Studio Rachel	<b>6:00– 7:00 PM</b> CYCLING Cycling Studio Mike	<b>6:45 – 7:45 PM</b> CARDIO KICKBOXING Studio Loreen			<b>10:15AM – 11:15am</b> CYCLING Cycling Studio Mike
<b>6:45 – 7:45 PM</b> ZUMBA Studio Tamika	<b>6:30 – 7:15 PM</b> STRENGTH & CONDITIONING Base Camp Valerie				<b>11:15 – 12:15 PM</b> ZUMBA (Family) <b>ages 6 and up</b> Studio Danny
<b>7:05– 8:05 PM</b> STRENGTH & STRETCH Base Camp Kevin	<b>6:45 – 7:45 PM</b> "Y" PUMP Studio Marlo				
					<b>ROOM LOCATIONS:</b> Wellness Center — First Floor Studio — Lower Level Multipurpose Room — First Floor Base Camp—Lower Level Cycling Studio — Lower Level <b>Classes and times are subject to change</b> <b>1/20/12</b>

**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.

**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.

**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.

**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.

**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.

**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.

**Pilates** – Condition the mind and body to strengthen the body's core unit. A series of exercises will help to develop strength, flexibility and better body coordination while improving alignment, and creating balance for more efficient movement. Class is appropriate for all fitness levels.

**Zumba (Ages 13 & up)** – is a fusion of Latin and International music – dance themes that create a dynamic, exciting, effective fitness system! The 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 and up

**Cardio Caliente** – This class offers 30 minutes of Salsa, Merengue, Cumbia and Reggetton dance moves followed by 30 minutes of body sculpting exercises. All fitness levels welcome.

**“Y” Cardio Blast** – Mix up your routine with the balance, coordination and strength building moves of cardio kickboxing while burning fat at an incredible rate. This class includes 30 minutes of aerobic activity and 30 minutes of body sculpting. All fitness levels welcome.

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

**“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.

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

**CXRT (Cardio Xercise Resistance Training)** An awesome workout that alternates intervals of strength exercises and cardio movements using a variety of equipment as well as your own body weight. No rhythm or dance experience needed! Exercise at your own pace.

**Cardio Kick Boxing** – Class includes learning basic boxing techniques such as punching and kicking as well as strengthening your core! You will be performing various punches, kicks, sit-ups, push-ups, body weight exercises as well as incorporating hand weights. Come join the class for a great workout and build your confidence at the same time!