



# South Orange Family YMCA Adult Group Exercise Schedule

845.782.9622

Hours of Operation: Monday–Friday 5:00am–9:30pm Saturday 7:00am–5:00pm Sunday 8:00am–4:00pm

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|---|---|--|
| 6:00-6:45am<br><b>Cycling</b><br>Bob / Cycle Studio<br><br>8:30-9:30am<br><b>Pilates</b><br>Trisha/Yoga Studio<br><br>9:30-10:30am*<br><b>20-20-20</b><br>Laura/Group Studio<br><br>9:30- 10:30am*<br><b>Cycling</b><br>Kristi/Cycling Studio<br><br>10:45-11:30am*<br><b>Cardio &amp; Abs</b><br>Michele/Group Studio<br><br>4:30-5:15pm*<br><b>Y-Pump** NEW!</b><br>Michele/Group Studio<br><br>5:00-6:00pm*<br><b>Open Yoga**</b><br>Teodora/ Yoga Studio<br><br>5:30-6:30pm*<br><b>Cycle- Upper Body/ Arms**</b><br>Susannah/Cycling Studio<br><br>5:30-6:30pm*<br><b>Zumba** New!</b><br>Orlando/Group Studio<br><br>6:30-7:15pm*<br><b>Cardio Kickboxing**</b><br>Limor/Group Studio<br><br>6:45-7:30pm*<br><b>Cycling**</b><br>Maureen/Cycling Studio<br><br>7:30-8:15pm*<br><b>Zumba**</b><br>Limor/Group Studio | 8:30-9:15am<br><b>Circuit</b><br>Nicole/ Group Studio<br><br>9:30- 10:30am*<br><b>Step</b><br>Laura/Group Studio<br><br>9:30-10:30am*<br><b>Cycling</b><br>Trisha/Cycling Studio<br><br>9:45-10:45am*<br><b>Open Yoga</b><br>Arlene/ Yoga Studio<br><br>10:45-11:30am*<br><b>Light &amp; Lively</b><br>Michele/ Group Studio<br><br>11:00-12:00pm*<br><b>Chair Yoga NEW!</b><br>Arlene/Yoga Studio<br><br>4:30-5:15pm*<br><b>Step &amp; Tone**</b><br>Michele/Group Studio<br><br>5:30-6:30pm*<br><b>Cycle**</b><br>Kristi/Cycle Studio<br><br>5:30- 6:15pm*<br><b>Boot Camp**</b><br>MJ/Group Studio<br><br>6:30-7:15pm*<br><b>Pilates**</b><br>Trisha/Yoga Studio<br><br>6:30-7:15pm*<br><b>Cardio Kickboxing**</b><br>Del /Group Studio<br><br>7:30-8:15pm*<br><b>Zumba**</b><br>Orlando/Group Studio | 6:00-6:45am<br><b>Cycling</b><br>Bob / Cycle Studio<br><br>8:30-9:15am<br><b>Y-Pump</b><br>Trisha/ Group Studio<br><br>9:30-10:30am*<br><b>Open Yoga</b><br>Teodora/Yoga Studio<br><br>9:30-10:30am*<br><b>Cardio &amp; Strength</b><br>MJ/Group Studio<br><br>9:30-10:30am*<br><b>Cycling</b><br>Kristi/Cycling Studio<br><br>10:45-11:45am*<br><b>Yoga NEW!</b><br>Arlene/Yoga Studio<br><br>4:30-5:15pm*<br><b>Zumba** NEW!</b><br>Priscilla/Group Studio<br><br>5:30-6:15pm*<br><b>Y Pump**</b><br>Michele/Group Studio<br><br>6:00-6:45pm*<br><b>Pilates** NEW!</b><br>Limor/Yoga Studio<br><br>6:00-7:00pm*<br><b>Cycle-Tuff Ride**</b><br>Susannah/Cycling Studio<br><br>6:30-7:15pm*<br><b>Zumba**</b><br>Lauren/Group Studio<br><br>7:00-8:00pm*<br><b>Open Yoga**</b><br>Michelle/Yoga Studio<br><br>7:15-8:00pm*<br><b>Abs, Back &amp; Posture**</b><br>Michele/ Community Flex<br><br>7:30-8:15pm*<br><b>20/20/20**</b><br>MJ /Group Studio | 8:30-9:15am<br><b>Circuit NEW!</b><br>Nicole/ Group Studio<br><br>8:30-9:30am<br><b>Cycling</b><br>Maureen/Cycle Studio<br><br>9:30-10:30am*<br><b>Zumba Gold NEW!</b><br>Limor/ Yoga Studio<br><br>9:30-10:30am*<br><b>Strictly Strength</b><br>MJ/ Group Studio<br><br>10:45-11:30am*<br><b>Light &amp; Lively</b><br>Michele/Group Studio<br><br>11:15-12:00pm*<br><b>Yogalates</b><br>Arlene/Yoga Studio<br><br>5:00-5:45pm*<br><b>Video Cycle**</b><br>Mari/Cycle Studio<br><br>6:00-6:45pm*<br><b>Fitness Yoga**</b><br>Mari/Yoga Studio<br><br>6:00-6:45pm*<br><b>Cardio Kickboxing**</b><br>Limor/Group Studio<br><br>7:00-7:45pm*<br><b>Powerlates**</b><br>Limor/Yoga Studio<br><br>7:00-7:45pm*<br><b>Zumba**</b><br>Trisha/Group Studio<br><br><b>Effective 1/11/12</b><br>7:45-8:30pm* <b>NEW!</b><br><b>Cardio Kickboxing**</b><br>Del/Group Studio | 9:15-10:15am*<br><b>Power Yoga</b><br>Arlene/Yoga Studio<br><br>9:30-10:30am*<br><b>Boot Camp</b><br>Laura/Group Studio<br><br>9:30-10:30am*<br><b>Video Cycle</b><br>Kristi/Cycling Studio<br><br>10:30-11:30am*<br><b>Zumba</b><br>Priscilla/Group Studio<br><br>5:00-5:45pm*<br><b>Circuit** NEW!</b><br>Nicole/Group Studio<br><br>6:00-7:00pm*<br><b>Cycle** NEW!</b><br>Nicole/Cycling Studio<br><br>6:30-7:15pm*<br><b>Family Zumba**</b><br>Lauren/Group Studio | 8:00-8:45am<br><b>STEP NEW!</b><br>Stephanie/Group Studio<br><br>8:00-9:00am<br><b>Cycle—Tuff Ride</b><br>Susannah/Cycling Studio<br><br>9:00-10:00am*<br><b>Cardio &amp; Strength**</b><br>MJ/Group Studio<br><br>9:15-10:00am*<br><b>Cycling**</b><br>Nicole/Cycle Studio<br><br>9:30-10:30am*<br><b>Pilates**</b><br>Arlene/Trisha Yoga Studio<br><br>10:15-11:00am*<br><b>Abs, Back &amp; Posture**</b><br>MJ /Group Studio<br><br>11:00-11:45pm*<br><b>TRX/MJ/Kristi**</b><br>(program fee applies)<br><br>12:00-12:45pm*<br><b>Zumba**</b><br>Limor/Group Studio |
|  |  |   |   | <b>Zumba/Kickboxing</b><br><b>May require 30 min</b><br><b>sign-up prior to</b><br><b>class time.</b><br><br><b>EFFECTIVE</b><br><b>1/02/12</b><br>*Child Watch open<br>**Youth Center open   | <b>SUNDAY</b><br><br>8:30-9:15am<br><b>Cycle—Tuff Ride NEW!</b><br>Rotating Staff<br><br>9:15-10:00am*<br><b>Strictly Strength**</b><br>Laura /Group studio<br><br>9:30-10:30am*<br><b>Cycling **</b><br>Rotating Staff<br><br>10:00-11:00am*<br><b>Open Yoga**</b><br>Danielle/Yoga Studio<br><br>10:00-11:00am*<br><b>Step &amp; Tone**</b><br>Laura/Group Studio<br><br>11:15-12:00pm*<br><b>Zumba**</b><br>Priscilla/ Group Studio   |

**Cycling:** Experience interval rides, hills and sprints. Great cardio workout and calorie burner. Works heart, legs and core while listening to motivating music.

**Tuff Ride:** More challenging ride with longer songs, higher climbs and more intense endurance segments. Perfect for riders with cycle experience, but first timers are always welcome.

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

**Pilates:** A unique way of using your own bodies' weight to work out. Use your breath as well as your strength to move through poses and work up a sweat. Low impact, high results. All levels are 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. This is perfect for people with Arthritis, who are pregnant, have limited range of motion or recovering from an injury. This class will also incorporate the use of straps and blocks to increase flexibility. Portions of this class will also be done standing. All levels are welcome.

**Fitness Yoga:** This class combines moves from Yoga and Fitness, keeping you motivated and challenging your muscles in different ways. It includes important flexibility-building poses along with creative blends of other exercise formats that provide cardio, strength and endurance. Blending exercise formats with yoga can provide students with variety in their workouts while giving them the benefits of yoga, such as balance, coordination, relaxation and flexibility.

**Open Yoga:** Open your heart, shoulders, hips and back while strengthening and toning the arms and legs. This Vinyasa style flowing class incorporates a variety of strength building standing postures. You will also be introduced to breathing techniques as well as mindfulness. All levels welcome.

**Power Yoga:** The opportunity to push yourself a bit farther. Using the breath as your guide, we will move through an invigorating practice that starts with sun salutations to create heat in the body. Work on strengthening, balance, flexibility and finish with relaxation. Modifications are offered for those beginning their Yoga journey.

**Family Zumba:** Bring your child, 7 yrs old and older to dance with you. Great way to spend your Friday night!

**Zumba:** A fusion of Latin as well as 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 Gold:** A little slower paced tempo for the de-conditioned/beginner or just not so coordinated. Designed to be easier to follow, prepare to sweat. Seniors welcome.

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

**Abs, Back, Posture:** Core training in addition to balance poses. Maintaining muscle strength is important in keeping a healthy posture. All fitness levels are welcome. This workout will improve your overall strength and flexibility.

**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 cardio vascular exercise. Short distance running drills, body weight resistance training, strength building and more.

**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.

**Cardio Kickboxing:** Sharpen your hand-eye coordination with this intense kick, duck, and punch class. Learn moves that will increase your sense of awareness as well as speed and agility. All levels are welcome

**Cardio & Abs:** Raise your heart rate while increasing your endurance through 30 minutes of cardiovascular exercise. Get into that target heart rate zone! Finish yourself off with some abdominal work to complete your day. All levels welcome.

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

**Step & Tone:** Utilizing hand weights while stepping to the music. Simple step movements help keep your heart rate up while light hand weights sculpt your total body. This class will improve your cardio vascular endurance as well as strengthen your core.

**TRX: \*\*Program Fee Applies—**Cross train with this suspension training system. Work your whole core. 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!