



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 Cycling Bob / Cycle Studio	8:30-9:15am Simple Circuit Nicole/ Group Studio	6:00-6:45am Cycling Bob / Cycle Studio	8:30-9:30am Video Cycle Mari/Cycle Studio	9:30-10:30am* Boot Camp Laura/Group Studio	8:00-8:45am TRX/ MJ/Kristi (program fee applies)
9:00-9:45am* Pilates Trisha/Yoga Studio	9:30- 10:30am* Step Laura/Group Studio	8:30-9:15am Y-Pump Trisha/ Group Studio	9:30-10:30am* Zumba Gold NEW! Limor/ Yoga Studio	9:15-10:15am* Power Yoga Arlene/Yoga Studio	8:00-9:00am Cycle—Tuff Ride Susannah/Cycling Studio
9:30-10:30am* 20-20-20 Laura/Group Studio	9:30-10:30am* Cycling Trisha/Cycling Studio	9:00-10:00am* Fitness Yoga Mari/Yoga Studio	9:30-10:30am* Strictly Strength MJ/ Group Studio	9:30-10:30am* Video Cycle Kristi/Cycling Studio	9:00-10:00am* Cardio & Strength** MJ/Group Studio
9:30- 10:30am* Cycling Kristi/Cycling Studio	9:45-10:45am* Open Yoga Arlene/ Yoga Studio	9:30-10:30am* Cardio & Strength MJ/Group Studio	10:30-11:15am* Light & Lively Michele/Group Studio	10:30-11:30am* Zumba Priscilla/Group Studio	9:15-10:00am* Cycling** Nicole/Cycle Studio
10:45-11:30am* Cardio & Abs Michele/Group Studio	10:30-11:15am* Light & Lively Michele/ Group Studio	9:30-10:30am* Cycling Kristi/Cycling Studio	11:15-12:00pm* Yogalates Arlene/Yoga Studio	6:30-7:15pm* Family Zumba** Lauren/Group Studio	9:30-10:30am* Pilates** Arlene/Trisha Yoga Studio
5:00-5:45pm* Y-Pump** Michele/Group Studio	11:00-12:00pm* Chair Yoga NEW! Arlene/Yoga Studio	5:00-5:45pm* Zumba** Priscilla/Group Studio	5:00-5:45pm* Video Cycle** Mari/Cycle Studio		10:15-11:00am* Abs, Back & Posture** MJ /Group Studio
5:30-6:30pm* Cycle- Upper Body/ Arms** Susannah/Cycling Studio	5:00-5:45pm* Step & Tone** Michele/Group Studio	6:00-6:45pm* Pilates** NEW! Limor/Yoga Studio	6:00-6:45pm* Fitness Yoga** Mari/Yoga Studio		12:00-12:45pm* Zumba** Limor/Group Studio
5:00-6:00pm* Open Yoga** Teodora/Yoga Studio	5:00-5:45pm* Cycle** Kristi/Cycle Studio	6:00-6:45pm* Y Pump** Michele/Group Studio	6:00-6:45pm* Cardio Kickboxing** Limor/Group Studio		
6:00-6:45pm* Cardio Kickboxing** Limor/Group Studio	6:00- 6:45pm* Boot Camp** MJ/Group Studio	6:00-7:00pm* Cycle-Tuff Ride** Susannah/Cycling Studio	7:00-7:45pm* Powerlates** Limor/Yoga Studio	Zumba/Kickboxing May require 30 min sign-up prior to class time. EFFECTIVE 11/07/11 *Child Watch open **Youth Center open	
6:45-7:30pm* Cycling** Maureen/Cycling Studio	6:30-7:15pm* Pilates** Trisha/Yoga Studio	6:45-7:45pm* Open Yoga** Michelle/Yoga Studio	7:00-7:45pm* Zumba** Trisha/Group Studio		8:30-9:15am Cycle—Tuff Ride NEW! Rotating Staff
7:00-7:45pm* Zumba** Limor/Group Studio	6:00-6:45pm* Video Cycle** Mari/ Cycle Studio	7:00-7:45pm* Zumba** Lauren/Group Studio		9:15-10:00am* Strictly Strength** Laura /Group studio	
	7:00-7:45pm* Cardio Kickboxing** Del /Group Studio	7:15-8:00pm* Abs, Back & Posture** Michele/ Community Flex		9:30-10:30am* Cycling ** Rotating Staff	
	8:00-8:45pm Zumba Clara/Group Studio	8:00-8:45pm 20/20/20 MJ /Group Studio		10:00-11:00am* Open Yoga** Danielle/Yoga Studio	
				10:00-11:00am* Step & Tone** Laura/Group Studio	
				11:15-12:00pm* Zumba** Priscilla/ Group Studio	

SUNDAY

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.

Fitness 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.

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.

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 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 deconditioned/beginner or just not so coordinated. Designed to be easier to follow, prepare to sweat. 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.

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.

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.

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.

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.

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.

Simple Circuit: Get moving as a group while utilizing our Cybex strength training equipment in addition to our Pre-core cardio equipment. Enjoy being lead by a Personal Trainer as you warm up, complete your circuit, and cool down. Beginners and Seniors are 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.

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.