



## YMCA OF MIDDLETOWN ADULT & TEEN GROUP FITNESS CLASSES

Effective 7/1/19

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>5:45 – 6:30AM</b> CYCLING Cycling Studio John	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>5:45 – 6:30 AM</b> SHORT CIRCUITZ Studio John	<b>5:45 – 6:30 AM</b> TOTAL BODY CIRCUIT Studio Lauren	<b>8:00 – 9:00 AM*+</b> CYCLING Cycling Studio Laura
<b>8:00 – 8:45 AM</b> Light & Lively Studio Danny	<b>8:50 – 9:50 AM*</b> YOGA Studio Jen F.	<b>8:00 – 8:45AM</b> Light & Lively Studio Laura	<b>8:50 – 9:50AM *</b> YOGA – Mixed level Studio Elizabeth	<b>8:00—8:45AM</b> TRX <b>(Space limited—pass required)</b> Studio Laura	<b>8:45 – 9:30 AM *+</b> TABATA Studio Kelly
<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen O.	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen O.	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Jen F.	<b>9:00 – 9:45 AM*</b> BEGINNER CYCLING Cycling Studio Jen F.	<b>9:00 – 10:00 AM*</b> CYCLING Cycling Studio Laura	<b>9:45 – 10:45 AM*+</b> "Y" PUMP Studio Jen F.
<b>9:00 – 9:45 AM*</b> B & B 45 Studio Danny	<b>9:00 – 10:00 AM *</b> ZUMBA Gymnasium Danny	<b>9:00 – 9:50 AM *</b> STRENGTH & CONDITIONING Studio Laura	<b>9:15 – 10:00 AM *</b> ZUMBA Gymnasium Maechin	<b>9:00-9:50 AM *</b> STRENGTH & CONDITIONING Studio Jen O.	<b>10:00-11:00AM *+</b> TOTAL BODY BURN Lyons Ctr—Turf Teri
<b>10:00 – 11:00 AM*</b> TOTAL BODY INTERVAL Studio Val	<b>9:00 – 10:00 AM*</b> SENIORCIZE Wellness Center Mark/ May	<b>10:00– 11:00 AM *</b> PILOXING KNOCKOUT Studio Val	<b>9:00 – 10:00 AM*</b> SENIORCIZE Wellness Center Mark/ May	<b>10:00- 11:00 AM*</b> TABATA Studio Val	<b>11:00-12:00PM*+</b> ZUMBA Studio Rocio
<b>11:15– 12:15 PM*+</b> YOGA Studio Elizabeth	<b>10:00 – 11:00 AM*</b> "Y" PUMP Studio Val	<b>10:30-11:00 AM *</b> BaseCamp Bootcamp Jen O/Erika Base Camp	<b>10:00 – 11:00 AM*</b> "Y" PUMP Studio Jen F.	<b>11:15– 12:15 PM*+</b> ECLECTIC YOGA Studio Nancy	<b>1:00 – 1:45PM</b> SuperHero Studio <b>(Space limited)</b> Noah
<b>4:30 – 5:30 PM*+</b> CYCLING Cycling Studio Jen F.	<b>10:15– 11:00 AM* NEW LOC.</b> CARDIO/STRENGTH INTERVAL Base Camp/Boxing Rm. Teri	<b>11:15– 12:15 PM*+</b> YOGA Studio Jen F.	<b>10:15 – 11:00 AM* NEW LOC.</b> CORE & STRENGTH Cycling Studio Jen O.	<b>11:15 – 12:00PM*</b> FLEX & TONE Studio Sue	<h3 style="text-align: center;">SUNDAY</h3> <b>8:30– 9:30 AM</b> CYCLING Cycling Studio Jen O.
<b>4:30 – 5:30 PM *+</b> STRENGTH & CONDITIONING Studio Laura	<b>10:15 – 11:00 AM*</b> EASY RIDERS Cycling Studio May/Jen O.	<b>4:45 – 5:30 PM*+</b> HIIT & SWITCH Studio Kelly	<b>11:15 – 12:00PM*</b> SUSPENDED STRENGTH Studio Kelly <b>Pass required</b>	<b>5:00 – 5:55PM*+</b> PILATES Studio Leah	<b>8:50 – 9:50 AM*+</b> YOGA Studio Leah
<b>5:45– 6:30 PM*+</b> TRX TABATA Studio Kelly	<b>11:15 – 12:15PM*</b> PiYo <b>NEW</b> Studio Beth	<b>4:30 – 5:30 PM*+</b> CYCLING Cycling Studio Jen O.	<b>5:30 – 6:35 PM*+</b> KICKBOX CHISEL Studio Jen F.	<b>6:00– 7:00 PM*+</b> ZUMBA <b>(Family)</b> ages 6 & up Studio Danny	<b>10:00 – 11:00 AM*+</b> PILATES Studio Leah
<b>5:45 – 6:30 PM*+</b> BEGINNER CYCLING Cycling Studio Mary	<b>4:30 – 5:15 PM*+</b> SUSPENDED STRENGTH Studio Kelly <b>Pass required</b>	<b>5:35 – 6:35 PM*+</b> BOOT CAMP Gym Joe	<b>6:00 – 7:00 PM*+</b> CYCLING Cycling Studio Jen O.	<b>6:15 – 7:00 PM*+</b> Barre Core Fusion Training Room 2 <b>(Space limited-pass required)</b> Toni	<b>11:10 – 12:25 PM*+</b> ZUMBA <b>(Family)</b> ages 6 & up Studio Danny
<b>6:45 – 7:45 PM*+</b> ZUMBA <b>(Family)</b> <b>Ages 10 &amp; up</b> Studio Maechin	<b>5:30 – 6:35 PM*+</b> STEP n SCULPT Studio Jen F.	<b>5:45– 6:30 PM*+</b> C.R.U.S.H. Studio <b>(Space limited)</b> Candace	<b>7:00 – 7:30PM*+</b> JUST KETTLEBELLS Lyons Ctr.—Court <b>New Location</b> Candace	<b>7:15– 8:00 PM</b> S T R E T C H Studio <b>(Family)</b> ages 6 & up Toni	<b>1:00 – 1:45PM</b> SuperHero Studio <b>(Space limited)</b> Noah
<b>7:00– 8:00 PM*+</b> STRENGTH & STRETCH Lyons Ctr.—Court <b>New Location</b> Kevin	<b>6:00– 7:00 PM*+</b> CYCLING Cycling Studio Mary	<b>6:00 – 7:00 PM *+</b> Meditation for Optimal Health Training Room 2 Jen F.	<b>6:45 – 7:45PM*+</b> YOGA Studio Tami	<b>ROOM LOCATIONS:</b> Wellness Center – 1st Floor Studio – Lower Level Training Room 2–Lower Level Base Camp – Lower Level Cycling Studio – 1st floor Lyons Center <i>Classes &amp; times are subject to change.</i>	<b>*Child Watch Open</b> <b>+YFRC Open</b>
<b>8:00– 9:00 PM</b> WARRIOR ROPES Studio <b>(Space limited)</b> Noah	<b>6:45 – 7:45 PM*+</b> BEGINNER YOGA Studio Elizabeth	<b>6:45– 7:30 PM*+</b> STRENGTH & STRETCH Studio Kevin	<b>8:00 – 9:00PM</b> ZUMBA Studio Rocio		
	<b>8:00 – 9:00 PM</b> ZUMBA Studio Jonathon	<b>7:45 – 8:45PM</b> P90X Studio Kelly			

**B&B 45**– This 45 minute interval class, combining bodyweight and resistance band exercises, is a full body workout that will help increase strength, endurance and flexibility. All fitness levels welcome.

**Barre Core Fusion** – Use your body’s weight as resistance to sculpt, strengthen and lengthen with little or no impact. **BCF** combines small and large ranges of motion with isometric holds and deep stretching with the core strength focus of Pilates to create a long, lean, centered body.

**(Pass required)**

**Base Camp Bootcamp** – 30 minute class that utilizes the hydraulic strength equipment with alternating cardio and core exercises. Designed to be a continuous workout to improve strength, endurance and flexibility. Geared toward the beginner, but all fitness levels are welcome.

**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.

**Cardio/Strength Interval** – Alternating cardio and strength exercises by utilizing various types of equipment. Each class will be presented in a different format, so you will always be challenged in a different way. Stretching at the end is a large focus. All fitness levels welcome.

**Core & Strength** – A whole body, dynamic but low impact class that will help target your entire core strength, front, back, sides, above and below. All fitness levels welcome.

**CRUSH** – High intensity circuit based training which implements cardio and resistance in a unique and creative way. With a combination of weights, ropes and bands, this class will give you the workout your looking for. All fitness levels welcome

**Easy Riders** – Enjoy a safe, exhilarating, fun seated cycling workout. Get set up on the bike, warm up, 30 minutes of low impact cardio with no jumps and no standing, cool down – go at your own pace and push yourself, yet feel safe and comfortable. Geared toward the beginner but all experience levels are welcome.

**Flex & Tone** – Shape and tone your whole body while having fun working out to choreographed routines set to upbeat music. This class incorporates light weight training, stretching, toning exercises targeting key areas of the body to increase strength, stamina, balance and flexibility. All fitness levels welcome

**HIIT & Switch** – High intensity interval training which is safe, effective and challenging for total body conditioning. Challenge yourself through plyometrics, speed, strength, agility, and coordination. Intervals and exercises will vary week to week. Modifications are always offered which makes this class suitable for all fitness levels.

**Just Kettlebells** – This class is designed to introduce you to the foundations of Kettlebell fitness and training. This class is suited for the rookie and the veteran. This class focuses on basic technique. This is a 30 minute energy filled experience.

**Kickbox Chisel** – High energy kickboxing and cardio moves with a little funk will get your heart pumping and improve your balance, coordination and agility. Combined with strength, core and flexibility training, this class will provide you with lean muscles and functional strength. Class is appropriate for all fitness levels.

**Light & Lively** – A class for beginners & the active older adults. Class includes light cardio and exercises for fitness, strength, balance and flexibility.

**Meditation for Optimal Health** – Come to the Y’s meditation class to help significantly reduce the degenerative health effects of stress. You will learn basic meditation techniques that can easily be applied to your everyday life to help improve your health and sense of well being.

**P90X** –This high intensity class offers an amazing amount of variety with each workout targeting a specific goal and focuses on agility, balance, and mobility. It combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics, and stretching. Class is appropriate for all fitness levels

**Pilates** – Condition the mind and body to strengthen the body’s core unit. A series of exercises will help to develop strength, flexibility and core strength. All levels welcome

**PILOXING KNOCKOUT** – A Pilates/Boxing workout influenced by plyometrics, sports conditioning drills, and functional training to increase strength and confidence. Break some boundaries and gain results. All fitness levels welcome.

**PiYo** – PiYo Strength is a hybrid, athletic workout inspired by the mind/body practices of yoga and Pilates, as well as the principle of sports stretch, strength training, conditioning and dynamic movement. There is not meditation involved in this class. This class includes modifications so everyone can participate, yet offers progressions to challenge the more advanced.

**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

**Short Circuitz** —An electrifying, heart pumping morning HIIT full body workout. No two mornings are ever the same. Each class will have a different frequency and duration of strength and cardio exercises. Every class is a mystery so whether is your first class or 30th, you will be equally challenged. All fitness levels welcome.

**Step n Sculpt** – Fun, athletic and dance-inspired step aerobics will stimulate your heart and mind. Total body conditioning using weights, balls, bands etc will strengthen your core, tone your muscles and increase your flexibility. Class is appropriate for all fitness levels.

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

**Strength and Stretch** – This class incorporates Pilates based movement, stretching and strengthening exercises that will tone and firm your body like nothing else.

All fitness levels welcome.

**STRETCH** – A relaxing way to unwind your stressful week. This class is a fusion of core strengthening and stretching. Lengthening the muscles is extremely important after working out and can improve agility, balance, and prevent injuries. This class will provide modifications and progressions so all fitness levels are welcome. **Family Friendly – Ages 6 & up**

**SuperHero** – Train for performance, improving your endurance, stamina, agility and strength. This high intensity interval training will challenge you and change you.

**Suspended Strength**—Utilize the TRX straps to use your own body weight to strengthen, challenge and change you. No class is ever the same so you will get a different workout every time you attend. All fitness levels so come make your body your machine.**(Pass required)**

**TABATA** – is a form of **High Intensity Interval Training** that offers more health benefits than traditional cardiovascular exercise. You will work hard for 20 seconds and rest for 10 seconds for a series of 8 intervals (a total of 4 minutes). You will recover for one to two minutes after each 4 minute interval. This workout increases endurance and stimulates fat loss.

**Total Body Burn** – Sculpting and toning all major muscles of the upper and lower body utilizing one’s own body weight and equipment. This is a low impact workout that burns fat, improves strength, muscle tone, flexibility and range of motion. The class will conclude with full body stretching. All fitness level welcome.

**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.

**TRX** – The TRX Suspension Trainer is the best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. You’re in control of how much you want to challenge yourself on each on each exercise by simply adjusting your body position to increase or decrease resistance. **(Pass required)**

**Warrior Ropes** – A high intensity interval class using battle ropes, body weight and hand weights. All fitness levels welcome. **(Space limited– first come, first served)**

**“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.

**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.**Eclectic Yoga** – this style uses a method or approach that is composed of elements drawn from various sources and multiple styles of yoga including: classical Hatha, Iyengar, Ashtanga, Vinyasa, Kundalini, Bikrim, Vin Yoga, and also incorporates some partner yoga poses as well.

**Zumba (Ages 13 & up)** – A fusion of Latin and International music with dance themes that create a dynamic, exciting, effective fitness system! 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. **Friday & Sunday Family Zumba** Ages 6 & up. **Monday** 10+