



SOUTH ORANGE FAMILY YMCA

Adult Group Exercise Schedule - Effective 2-24-20

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 Bob / Cycling Studio</p> <p>8:15-9:15am Cycle Meital / Cycling Studio</p> <p>9:30-10:15am* P90X Live Olena / Group Studio</p> <p>9:30-10:30am* Yoga ★Rotating / Yoga Studio</p> <p>9:30-10:30am* Cycle Meital / Cycling Studio</p> <p>11:15-12:00pm* Light & Lively Michele / Group Studio Senior Friendly</p> <p>4:30-5:15pm** Y Pump** Michele / Group Studio</p> <p>5:30-6:15pm** Cardio & Strength Stephanie / Group Studio</p> <p>6:00-6:45pm** Cycle Susannah / Cycling Studio</p> <p>6:30-7:15pm** Boot Camp Olena / Comm. Flex</p> <p>6:30-7:15pm** Club Zumba Orlando / Group Studio</p> <p>6:30-7:15pm** Pilates Tina A. / Yoga Studio</p> <p>7:30-8:15pm** Mixedfit Jessica M. / Group Studio</p>	<p>5:45-6:30am Fast & Furious Jill / Group Studio</p> <p>8:30-9:15am Circuit Tina M. / Group Studio</p> <p>9:15-10:30am* Vinyasa Flow Yoga Samantha / Yoga Studio</p> <p>9:30-10:15am* H.I.I.T. Olena / Group Studio</p> <p>9:30-10:30am* Cycle Trisha / Cycling Studio</p> <p>11:00-11:45am* Light & Lively Michele / Group Studio Senior Friendly</p> <p>12:00-12:45pm Chair Yoga Janice V. / Yoga Studio</p> <p>4:30-5:15pm** Step-n-Tone** Michele / Group Studio</p> <p>5:30-6:15pm** Zumba Janice A. / Group Studio</p> <p>5:30-6:15pm** - NEW! Strong & Tone Lauren W. / Yoga Studio</p> <p>6:00-7:00pm** Cycle Meital / Cycling Studio</p> <p>6:30-7:15pm** Yoga Carrie / Yoga Studio</p> <p>6:30-7:15pm** IntensitY Lauren W. / Group 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>9:15-10:00am* Zumba Jessica C. / Comm. Flex</p> <p>9:30-10:15am* TRX Cardio Olena / Group Studio</p> <p>9:30-10:30am* Cycle Meital / Cycling Studio</p> <p>9:30-10:30am* Barre Fusion Truly / Yoga Studio</p> <p>10:45-11:30am* Release Truly / Group Studio</p> <p>10:45-11:45am* Open Yoga Janice V. / Yoga Studio</p> <p>4:30-5:15pm** Cardio, Cut & Core** Michele / Group Studio</p> <p>5:30-6:15pm** P90X Live Olena / 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** Club Zumba Orlando / Group Studio</p> <p>6:30-7:15pm** Yoga Geena / Yoga Studio</p> <p>7:30-8:15pm** I.V.A. Fitness™ Lanette / Group Studio</p>	<p>5:45-6:30am Fast & Furious Jill / Group Studio</p> <p>9:00-9:45am* Zumba Basic ★Rotating / Comm. Flex Senior Friendly</p> <p>9:00-9:45am* Yoga Trisha / Yoga Studio</p> <p>9:30-10:15am* Tabata Wayne / Group Studio</p> <p>9:30-10:30am* Cycle Maureen / Cycling Studio</p> <p>10:00-10:45am* Chair Yoga Janice V. / Yoga Room</p> <p>10:15-10:45am* - NEW! All About Abs Lauren W. / Comm. Flex</p> <p>11:00-11:45am* Light & Lively Michele / Group Studio Senior Friendly</p> <p>5:00-5:45pm** PiYo** Beth / Group Studio</p> <p>5:30-6:15pm** Strictly Strength Lillian / Yoga Studio</p> <p>5:30-6:15pm** Video Cycle Stephanie / Cycle Studio</p> <p>6:00-6:45pm** I.V.A. Fitness Melissa P. / Group Studio</p> <p>6:30-7:15** Yoga Lis / Yoga Studio</p> <p>7:00-7:45pm** Tabata Wayne / Group Studio</p>	<p>5:45-6:30am Fast & Furious Jill / Group Studio</p> <p>8:30-9:30am Video Cycle Trisha / Cycling Studio</p> <p>9:30-10:15am* Boot Camp Olena / Group Studio</p> <p>9:45-10:45am* Pilates Trisha / Yoga Studio</p> <p>11:00-11:45am* - Zumba Dana / Group Studio</p> <p>11:30-12:15pm** Flexibility & Balance Cathy / Comm. Flex Senior Friendly</p> <p>5:00-6:00pm** Yoga Eileen / Yoga Studio</p> <p>6:15-7:00pm** Cycle Gwenn / Cycle Studio</p> <p>6:15-7:00pm** I.V.A. Fitness Mae / Group Studio</p>	<p>8:00-8:45am Tabata Wayne / Group Studio</p> <p>8:30-9:15am Yoga ★Rotating / Yoga Studio</p> <p>9:00-9:45am** Club Zumba Brandon / Group Studio</p> <p>9:30-10:30am** Cycle ★Rotating / Cycling Studio</p> <p>9:30-10:30am** Pilates Tina M. / Yoga Studio</p> <p>10:00-10:45am** Insanity Vera / Group Studio</p> <p>11:00am-11:45am** NEW! POUND Lili / Group Studio</p> <p>11:15am-12:00pm** Cycle Lauren A. / Cycling 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** I.V.A. Fitness Stephanie / Group Studio</p> <p>10:00-10:45am** Strictly Strength Stephanie / Group Studio</p> <p>10:00-11:00am** PiYo Beth / Yoga Studio</p> <p>11:00-11:45pm** Mixedfit Jessica / Group Studio</p> <p>12:00-1:00pm** Tabata 3.0 Wayne / Group Studio</p>
					<p>Cycle/Zumba/Tabata/TRX</p> <p>May require a pass. Sign up begins 30 min. prior to class.</p> <p>Youth Center will offer morning hours (9am-12pm) on scheduled days off from school, following the Monroe Woodbury school calendar. In the event of a snow day there are no morning hours offered for Youth Center as this is an unscheduled day and there is no staff available for this room.</p>	<p>Child Watch* SCHEDULE</p> <p>Monday-Thursday 9am-12pm & 4:30pm-8:30pm</p> <p>Friday 9am-12pm & 4:30pm-7pm</p> <p>Saturday & Sunday 9am-1pm</p> <p>Youth Center** Monday-Thursday 4:30pm-8:30pm</p> <p>Friday 4:30pm-7pm</p> <p>Saturday & Sunday 9am-1pm</p>
<p>All classes, instructors, times & days are subject to change. ★ Check our app or Facebook for Instructor rotation schedules and daily updates.</p>						

All About Abs: This 30 minute abdominal class focuses on core stability. Increase your core strength while improving your back health as well. 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 .

Boot Camp: Get in shape, lose weight and have fun doing it. Each class incorporates core conditioning, agility drills, abdominal toning and cardiovascular exercise with short distance running drills, body-weight resistance training, strength building and more. All levels welcome.

Cardio, Cut & Core: This 45 min. class offers intervals of cardio to keep your heart rate up, some strength training to tone your muscles and core conditioning to improve your overall balance and strength. All levels welcome.

Cardio & Strength: This class raises your heart rate while strengthening, toning and elongating your muscles. You'll strengthen your core, arms legs and improve balance while creating a lean physique. All levels welcome.

Circuit: As you move from station to station for short bursts of time you'll increase your heart rate and tone every body part. A complete work out. 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.

Video Cycle: Same as above but using music videos. All levels welcome.

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 cycling experience, but first timers are always welcome.

Fast & Furious: This class makes the most of your time with a mix of cardio and weights. All levels welcome.

Flexibility & Balance: This class is designed to assist you in daily routines such as climbing stairs, navigating crowds, shopping, etc., by practicing balance techniques and increasing flexibility through stretching. Senior friendly. All levels welcome.

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.

IntensitY: Be prepared to work at a higher level with circuits of cardio, combined with focused super sets of strength. New monthly programs will challenge your body and mind, making you strong, lean and defined. Recommended for intermediate level but modifications will be given to beginners.

I.V.A. Fitness™: (Imagine, Visualize Actualize) This interval training program is designed to work on every part of your body through dance (Hip Hop, Reggae, Soca, Latin & more) combined with strength and core moves from Kickboxing, Capoeira, Yoga, weight training & more. Routines are set to the music we love. All levels welcome.

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

Mixedfit: This 45 min. class is a people inspired dance fitness program incorporating explosive movements with boot camp type training. Modifications are available. All levels welcome.

Pilates: Pilates strengthens the core while improving the breathe, flexibility and stability of the body. Light weights, bender balls, stability balls or gliders may be used. All levels welcome.

P90X® Live: This 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, abdominal 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.

Release: This 45 minute class focuses on proper foam rolling techniques. Foam rolling is an affordable way to experience a deep tissue massage. Foam rollers help break up knots, adhesions and scar tissue to speed up the healing and recovery process after a workout. Foam roller will be provided. 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: In this 45 min. class 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.

Tabata: This 45 minute circuit-type class includes all the benefits of cardiovascular exercise and weight training! Tabata falls into the category of HIGH INTENSITY interval training and is NOT for the faint-of-heart!

Tabata 3.0: Same as Tabata but 3 times the work. Also not for the faint-of-heart!

TRX® Cardio: 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. TRX Cardio encompasses the same core workout you love but with cardio intervals added to raise your heart rate even more. All levels welcome.

Yoga: This traditional class uses a series of poses, breathing techniques and meditation to activate the body, mind and spirit. The poses will strengthen muscles, improve flexibility as well as mindfulness.

Chair Yoga: This traditional Yoga class uses a chair as a tool to provide participants a little support moving up and down. Perfect for people who have arthritis, who are pregnant, have limited range of motion or are recovering from an injury. Straps and blocks are also used to increase flexibility. Portions of this class will be done standing. All levels welcome.

Open Yoga: This 60 min. class uses traditional yoga poses that open up the chest and elongates core muscles. All levels welcome.

Vinyasa Flow Yoga: This 75 minute class focuses on movement linked with breath to reach the goals of traditional yoga. This is a faster moving class with modern music and modifications for all ability levels.

Y Pump: This choreographed exercise program is a 45 minute total body workout that challenges each muscle group with high repetitions using barbells and plates. A 5-minute warm up and cool down are included. Come ready to pump!

Zumba®: This fusion of Latin and international dance music with easy-to-follow steps, provides aerobic fitness interval training through a combination of fast and slow rhythms to tone and sculpt your body while burning calories. BE prepared to sweat.

Zumba Basic: The slower paced tempo of this Zumba class is great for beginners. Seniors are welcome.

Club Zumba: This workout will make you feel like you're out for a night on the town! It's just like Zumba but in a "club-like" atmosphere, in the dark with disco lights. All levels welcome.