



OUTDOOR GROUP EXERCISE SCHEDULE

WEEK OF: 9/14-9/19/2020

SOUTH ORANGE FAMILY YMCA
 45 Gilbert Street Ext.
 Monroe, NY 10950
 (P) 845 7829622
www.middletownymca.org

All classes take place outside to comply with social distancing and group gathering requirements.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM-9:15AM CYCLE Meital	8:30AM-9:15AM Zumba Jessica C.	8:30AM-9:15AM CYCLE Meital	8:30AM-9:15AM PILATES Tina M.	8:30AM-9:15AM YOGA Trisha	8:00AM-8:45AM TABATA Wayne
6:00PM-6:45PM TABATA Wayne	6:00PM-6:45PM MIXXEDFIT Jessica M.	6:00PM-6:45PM ZUMBA Orlando	6:00PM-6:45PM I.V.A Lanette		9:00AM-9:45AM ZUMBA Orlando
	6:00PM-6:45PM CYCLE Meital				

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.

I.V.A.: I.V.A FITNESS™ is a group fitness interval training program designed to work on every part of your body through dance, (Hip Hop, Reggae, Soca, Latin & more) strength and core routines (Kickboxing, Capoeira, Yoga, weight training & more) set to the music we love. All levels welcome.

Mixedfit: This 45 minute 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.

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!

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.

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

RESERVATIONS ARE REQUIRED!
 Sing-up online to reserve your spot. Reservations may be made 48 hours in advance. Failure to arrive on time may result in forfeiting your spot to a member on the waitlist.
 See our website or app to make reservations.

NOTES

- Classes are WEATHER PERMITTING!
- MASKS are only required during check-in.
- YMCA MEMBERSHIP required. To update or reactivate your membership, email us at contactus@middletownymca.org.
- Bring a MAT, plenty of WATER & a TOWEL.
- There are NO RESTROOMS available at this time.
- Kids Time is now available during class time. See Bookings sched.

All classes, instructors, times & days are subject to change.*
 *Check our app or Facebook for daily updates.