



# OUTDOOR GROUP EXERCISE SCHEDULE

EFFECTIVE: 9/28/2020

**SOUTH ORANGE FAMILY YMCA**  
 45 Gilbert Street Ext.  
 Monroe, NY 10950  
 (P) 845 7829622  
[www.middletownymca.org](http://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 <b>CYCLE</b> Meital	8:30AM-9:15AM <b>Zumba</b> Jessica C.	8:30AM-9:15AM <b>CYCLE</b> Meital	8:30AM-9:15AM <b>PILATES</b> Tina M.	8:30AM-9:15AM <b>YOGA</b> Trisha	8:00AM-8:45AM <b>TABATA</b> Wayne
6:00PM-6:45PM <b>TABATA</b> Wayne	6:00PM-6:45PM <b>MIXXEDFIT</b> Jessica M.	6:00PM-6:45PM <b>ZUMBA</b> Orlando	6:00PM-6:45PM <b>I.V.A</b> Lanette		9:00AM-9:45AM <b>ZUMBA</b> Orlando
	6:00PM-6:45PM <b>CYCLE</b> 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!**  
 Sign-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](mailto:contactus@middletownymca.org).
- Bring a MAT, plenty of WATER & a TOWEL.
- Kids Time is available during class time. See Bookings schedule for times and reservations.

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