



# GROUP EXERCISE SCHEDULE

EFFECTIVE: 11/23/2020

## FACILITY HOURS

Monday - Thursday: 6:00am - 8:00pm  
 Friday: 6:00am - 7:00pm  
 Saturday: 7:00am - 2:00pm  
 Sunday: Closed

## SOUTH ORANGE FAMILY YMCA

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

All classes take place **OUTSIDE**. During inclement weather, classes will be held indoors in the designated area.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM-7:45AM <b>STRENGTH</b> Wayne - Gr Ex. Studio	9:30AM-9:45AM <b>NEW TIME</b> <b>H.I.I.T.</b> Olena - Gr. Ex. Studio	7:00AM-7:45AM <b>H.I.I.T.</b> Tina M. - Gr. Ex. Studio	9:30AM-9:45AM <b>NEW TIME</b> <b>PILATES</b> Tina M. - Gr. Ex. Studio	7:00AM-7:45AM <b>H.I.I.T.</b> Tina M. - Gr. Ex. Studio	8:00AM-8:45AM <b>TABATA</b> Wayne -Gr. Ex. Studio
5:30PM-6:15PM <b>CARDIO, CUT &amp; CORE</b> Michele - Yoga Studio	11:00AM-11:45AM <b>LIGHT &amp; LIVELY</b> Michele - Gr. Ex. Studio	9:30AM-9:45AM <b>NEW TIME</b> <b>YOGA</b> Trisha - Yoga St. or GE St.	11:00AM-11:45AM <b>LIGHT &amp; LIVELY</b> Michele - Gr. Ex. Studio	9:30AM-9:45AM <b>NEW TIME</b> <b>YOGA</b> Trisha - Yoga/Gr. Ex. Studio	9:00AM-9:45AM <b>ZUMBA</b> Orlando - Gr. Ex. Studio
6:00PM-6:45PM <b>TABATA</b> Wayne - Gr. Ex. Studio	6:00PM-6:45PM <b>STRENGTH</b> Lillian - Gr. Ex. Studio	5:30PM-5:45PM <b>CARDIO, CUT &amp; CORE</b> Michele - Yoga Studio	6:30PM-7:15PM <b>CYCLE</b> Meital - Gymnasium		10:15AM-11:00AM <b>CYCLE</b> Rotation - Gr. Ex. Studio
	6:30PM-7:15PM <b>CYCLE</b> Meital - Gymnasium	6:00PM-6:45PM <b>ZUMBA</b> Orlando - Gr. Ex. Studio			
	7:00PM-7:45PM <b>MIXXEDFIT</b> Jessica M. - Gr. Ex. Studio				

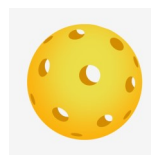


## HOOP SHOOT

Reserve a 30 minute time slot to shoot hoops alone or with your family. Morning and afternoon times available. Visit us on Facebook, download our mobile app, or go to the Quick Links of the website to make a reservation online.

## PICKLEBALL

Schedule:  
 M, W, F  
 12:00-2:30pm  
 No reservation required.



## CHILD WATCH & YOUTH CENTER

Ages 3-12. Children must be potty-trained.  
**-NOW OPEN-**

### HOURS:

**Monday-Thursday:** 9:00am-11:00am & 5:00pm-7:00pm  
**Friday:** 9:00am-11:00am  
**Saturday:** 9:00am-12:00pm

**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 outdoors **WEATHER PERMITTING!**
  - **MASKS** are required during check-in for outdoor classes and at all times for indoor classes.
  - **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**.
  - Child Care is available during many class times. Reservations are required. See our website or app to make reservations.

\* See reverse side for class descriptions.

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

**Cardio, Cut & Core:** This 45 min. class will offer 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.

**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.

**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. All levels welcome.

**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.

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

**Strength:** This 45 minute class uses heavier weights to build strength, muscle, and increase 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!

**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.