



# GROUP EXERCISE SCHEDULE

Effective 1/11/2021

**YMCA OF MIDDLETOWN**  
 81 Highland Ave.  
 Middletown, NY 10940  
 (P) 845 344 9622  
 www.middletownymca.org

**Classes comply with social distancing and group gathering requirements.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30AM-9:15AM <b>STACKED</b> Diana	9:15AM-10:00AM <b>ZUMBA</b> Danny	10:00AM-10:45AM <b>BOOT CAMP</b> Val	9:00AM-9:45AM <b>CORE &amp; CARDIO</b> Diana	9:00AM-9:45AM <b>CYCLING</b> Jen F.	8:45AM-9:30AM <b>TABATA</b> Kelly
9:45AM-10:30AM* <b>CYCLING</b> Jen O.		6:00PM-6:45PM <b>Meditation—Cycling St.*</b> Jen F.	5:00PM-5:45PM <b>TRX—Studio</b> Kelly	10:15AM-11:00AM <b>ZUMBA</b> Danny	
11:15AM-12:00PM <b>YOGA</b> Jen F.	5:00PM-5:45PM <b>TRX—Studio</b> Kelly	7:15PM-8:00PM <b>P90X</b> Kelly	6:30PM-7:15PM <b>SPIN &amp; STRENGTH</b> Jen O.	10:15AM-11:00AM <b>TABATA—Lyons Ctr.*</b> Val	

**Boot Camp** - 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.

**Core & Cardio** - A whole body, dynamic class that will help target your entire core strength, front, back, sides, above and below and get that target heart rate up. All fitness levels welcome.

**Meditation for Optimal Health** - The Y's meditation class helps significantly reduce the degenerative health effects of stress. These meditation techniques 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 welcome.

**Spin & Strength**— 30 minute cycle with a 15 minute focus on upper body and some lower body strength training with weights.

**Stacked** - Start with one exercise and keep adding on as the class goes on. Get a full body workout that will get your heart pumping, leave you sweating and feeling great. This class suitable for all fitness levels.

**TRX** - The TRX Suspension Trainer is the best-in-class workout system that leverages gravity and your body weight to perform hundreds of exercises. Challenge yourself on each on each exercise by simply adjusting your body position to increase or decrease resistance.

**Tabata** - This form of Interval Training 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). Routines and timing vary with each class. This workout increases endurance and stimulates fat loss.

**Yoga** - Find new ways to increase your flexibility, enhance your breathing, reduce tension, improve quality of life and create connection with your family. Leave feeling stress-free and re-energized. All fitness levels welcome. Families welcome - ages 6+

**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. All levels welcome. Friday Zumba—Families welcome—ages 6 & up.

**\*New Class/Time**

## 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 now inside in the gymnasium. Changes will be announced to those registered.
- MASKS are required at all times inside the building.
- 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.

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