



GROUP EXERCISE SCHEDULE

Effective 1/18/2021

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	SUNDAY
8:30AM-9:15AM STACKED Diana	9:15AM-10:00AM ZUMBA Danny	*8:45AM-9:30AM* CYCLING—Cyc. St. Meital	9:00AM-9:45AM CORE & CARDIO Diana	9:00AM-9:45AM CYCLING Jen F.	8:45AM-9:30AM TABATA Kelly	*10:15AM-11:00AM* BODYWEIGHT BURN Diana
9:45AM-10:30AM* CYCLING Jen O.	5:00PM-5:45PM TRX—Studio Kelly	10:00AM-10:45AM BOOT CAMP Val	5:00PM-5:45PM TRX—Studio Kelly	10:15AM-11:00AM ZUMBA Danny		
11:15AM-12:00PM YOGA Jen F.		6:00PM-6:45PM MEDITATION—Cyc. St. Jen F.	6:30PM-7:15PM SPIN & STRENGTH Jen O.	*10:00AM-10:45AM* TABATA—Lyons Ct. Val		
		7:15PM-8:00PM P90X Kelly				

Bodyweight Burn - Your own bodyweight is the best tool to transform yourself during this mixture of cardio and strength training that is sure to make you sweat.

Boot Camp - ALL fitness levels welcome. By pushing yourself outside your comfort zone using weights, tubing, balls, discs, jump ropes, etc., you can lose weight, build endurance, increase flexibility, promote better posture and improve your balance.

Core & Cardio - A whole body workout that elevates the heart rate by targeting your entire core; front, back, sides, above, and below. All fitness levels welcome.

Meditation for Optimal Health - Reduce the degenerative health effects of stress by practicing meditation techniques that can easily be applied in your everyday life to improve your health and sense of well being.

P90X - This high intensity class offers an amazing amount of variety to target specific goals and focus on agility, balance, and mobility by combining strength training, cardio, yoga, plyometrics, and stretching. Class is appropriate for all fitness levels.

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

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.**

All classes, instructors, times & days are subject to change.*

Stacked - Start with one exercise and keep adding on more as the class goes on. This full body workout get's your heart pumping and leaves you sweating and feeling great. This class suitable for all fitness levels.

Tabata - 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.

TRX - The TRX Suspension Trainer leverages gravity and your body weight to perform hundreds of exercises. Challenge yourself by adjusting your body position to increase or decrease resistance.

Yoga - 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.

NOTES

- Classes are now inside in the gymnasium unless otherwise noted. 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.
- Bring a MAT, plenty of WATER & a TOWEL.

*Check our app or Facebook for daily updates.