



GROUP EXERCISE SCHEDULE

EFFECTIVE: 1/11/2021

FACILITY HOURS

Monday - Thursday: 6:00am - 8:30pm
 Friday: 6:00am - 7:00pm
 Saturday: 7:00am - 2:00pm
 Sunday: 8:00am - 12:00pm

SOUTH ORANGE FAMILY YMCA

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

Please consider making a donation towards Strong Kids.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM-7:45AM STRENGTH Wayne - Gr. Ex. Studio	9:30AM-10:15AM STRENGTH Michele - Gr. Ex. Studio	7:00AM-7:45AM STRENGTH Wayne - Gr. Ex. Studio	9:30AM-10:15AM PILATES Tina M. - Gr. Ex. Studio	7:00AM-7:45AM H.I.I.T. Tina M. - Gr. Ex. Studio	8:00AM-8:45AM TABATA Wayne -Gr. Ex. Studio	ALL NEW!!
5:30PM-6:15PM CARDIO, CUT & CORE Michele - Yoga Studio	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	9:30AM-10:15AM YOGA Trisha - Yoga St. or Gr. Ex.	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	9:30AM-10:15AM YOGA Trisha - Yoga or Gr. Ex. St.	9:00AM-9:45AM ZUMBA Orlando - Gr. Ex. Studio	9:00AM-10:00AM CYCLE Meital - Cycle Studio
6:00PM-6:45PM TABATA Wayne - Gr. Ex. Studio	6:00PM-6:45PM STRENGTH Lillian - Gr. Ex. Studio	5:30PM-6:15PM CARDIO, CUT & CORE Michele - Gr. Ex. Studio	6:00PM-7:00PM CYCLE Meital - Cycle Studio		10:00AM-10:45AM CYCLE Rotation - Cycle Studio	10:00AM-10:45AM YIN YOGA Geena - Yoga or Gr.Ex.
	6:00PM-7:00PM CYCLE Meital - Cycle Studio	5:30PM-6:15PM PILATES NEW! Tina M. - Gr. Ex. Studio	7:00PM-7:45PM I.V.A. Lanette - Gr. Ex. Studio			11:00AM-11:45AM ZUMBA Janice A. - Gr. Ex. St.
	7:00PM-7:45PM MIXXEDFIT Jessica M. - Gr. Ex. Studio	6:30PM-7:15PM ZUMBA Orlando - Gr. Ex. Studio				



NEW MEN'S BASKETBALL!

Tues. 6:30-8:30pm
 Thurs. 7:15-8:30pm

HOOP SHOOT

Reserve a 30 minute time slot to shoot hoops alone, with up to 4 friends, or with your family. Morning and afternoon times available. See our app or website for schedule and to reserve your time slot.

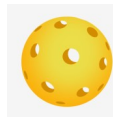
VOLLEYBALL IS BACK!

Wednesdays
 7:30-8:30pm



PICKLEBALL

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



CHILD WATCH & YOUTH CENTER

Ages 3-12. Children must be potty-trained.

HOURS:

Monday-Thursday: 9:00am-11:00am & 5:00pm-7:00pm

Friday: 9:00am-11:00am

Saturday & Sunday: 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

- **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.
- 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.
- All social distancing/mask rules apply to volleyball & basketball. Reservations are not required at this time, but that may change.

* 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.

Yin Yoga: This class will consist of a series of passive floor poses, held for 2-3 minutes, that mainly work the lower part of the body – the hips, pelvis, inner thighs, lower spine. The class is for all levels. Yin Yoga helps to release tightness and assists in relaxation, slowing down the mind and the body. A Yin practice targets the deep connective tissues of the body – the ligaments, joints, bones, and the deep fascia.

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.