



GROUP EXERCISE SCHEDULE

EFFECTIVE: **4/19/2021**

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 to the YMCA Annual Strong Kids Campaign. Stop by the Welcome Center for details.

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	9:00AM-10:00AM CYCLE Meital - Cycle Studio
* 9:00AM-9:45AM H.I.I.T. NEW! Roby - Gr Ex. Studio **(Starting 4/26)**	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	* 9:00AM-9:45AM H.I.I.T. NEW! Roby - Gr Ex. Studio **(Starting 4/26)**	9:00AM-9:45AM ZUMBA Orlando - Gr. Ex. Studio	9:30AM-10:15AM ZUMBA New Time Janice V.- Gr. Ex. Studio
* 10:00AM-10:45AM BOUJÉ NEW! Roby - Gr Ex. Studio **(Starting 4/26)**	6:00PM-6:45PM STRENGTH Lillian - Gr. Ex. Studio	5:30PM-6:15PM CUT & CORE NEW Format Michele - Gr. Ex. Studio	5:45PM-6:45PM CYCLE *NEW TIME Meital - Cycle Studio	9:30AM-10:15AM YOGA Trisha - Yoga or Gr. Ex. St.	10:00AM-10:45AM CYCLE Rotation - Cycle Studio	10:30AM-11:15AM YIN YOGA New Time Geena - Yoga or Gr.Ex.
5:30PM-6:15PM CUT & CORE NEW Format Michele - Yoga Studio	5:45PM-6:45PM CYCLE *NEW TIME Meital - Cycle Studio	5:30PM-6:15PM PILATES Tina A. - Yoga Studio	7:00PM-7:45PM I.V.A. Lanette - Gr. Ex. Studio	* 10:00AM-10:45AM BOUJÉ NEW! Roby - Gr Ex. Studio **(Starting 4/26)**		
6:00PM-6:45PM TABATA Wayne - Gr. Ex. Studio	7:00PM-7:45PM MIXXEDFIT Jessica M. - Gr. Ex. Studio	6:30PM-7:15PM ZUMBA Orlando - Gr. Ex. Studio				
* 7:00PM-7:45PM BOUJÉ NEW! Roby - Gr Ex. Studio **(Starting 4/26)**						

RESERVATIONS ARE REQUIRED!
 Sign-up online to reserve your spot. Reservations may be made one week 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.

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

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.

* **NEW CLASS - See reverse side for ALL class descriptions.**

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

Boujé: Boujé means “to move” in Creole and is a high intensity international cardiorespiratory fitness program that includes various styles of movement such as tai-chi and dance, set to assorted music. It is designed to burn up to 1,000 calories in 1 hour by dividing the class into 4 sessions. All levels welcome.

Cut & Core: This 45 min. class will offer intervals of 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.