



GROUP EXERCISE SCHEDULE

Effective 9/27/2021

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
*5:30AM-6:15AM P90X Kelly	*5:30AM-6:15AM CYCLING Diana	8:00AM-8:45AM LIGHT & LIVELY Laura	*5:45AM-6:30AM HIIT & Strength Diana	*5:45AM-6:15AM TRANSFORM Kelly	7:30AM-8:15AM CYCLING Cycling Studio Jen S.	8:45AM-9:30AM CYCLING Diana/Jen O.
*6:30AM-7:00AM Core De Force Kelly	*6:45AM-7:15AM Lower Body Burn Diana	8:45AM-9:30AM CYCLING Cycling Studio Meital	*6:45AM-7:15AM CORE EXPRESS Diana	9:00AM-9:45AM CYCLING Jen F.	8:45AM-9:30AM TABATA Kelly	*10:00AM-10:45AM BODYWEIGHT BURN Diana/Jen O.
8:30AM-9:15AM STACKED Diana	8:45AM-9:30AM CYCLING Cycling Studio Meital	9:00AM-9:45AM Strength & Conditioning Laura	9:00AM-9:45AM CYCLING Cycling Studio Laura	10:00AM-10:45AM TABATA Val	10:00AM - 10:45AM PiYo Jen F.	
9:45AM-10:30AM CYCLING Jen O.	*9:00AM-9:45AM Strength & Conditioning Diana	10:00AM-10:45AM BOOT CAMP Val	9:00AM-9:45AM CORE & CARDIO Diana	10:15AM-11:00AM ZUMBA Gym Danny	12:00PM-12:45PM SUPERHERO Francesco	
11:15AM-12:00PM YOGA Jen F.	9:15AM-10:00AM ZUMBA Gym Danny	4:30PM-5:15PM CYCLING Cycling Studio Jen S.	10:00AM-10:45AM Y PUMP Jen F.	11:15AM-12:00PM YOGA Jen F.		
4:30PM-5:15PM CYCLING Cycling Studio Erika E.	10:00AM-10:45AM Y PUMP Val	5:15PM-6:00PM L.I.I.T. Kelly	*2:15PM-3:00PM SENIORCISE Wellness Center Mark	5:00PM-5:45PM YOLATES Leah		
*5:30PM-6:10PM TRANSFORM Kelly	5:00PM-5:45PM TRX Kelly	6:00PM-6:45PM MEDITATION Cycling Studio Jen F.	5:00PM-5:45PM TRX Kelly			
6:30PM-7:15PM H.A.B.I.T Diana	6:30PM-7:15PM Level Up Boxing Erika D.	*6:15PM-7:00PM BOOT CAMP Joe	6:30PM-7:15PM SPIN & STRENGTH Jen O.			
7:30PM-8:15PM ZUMBA Mae	7:30PM-8:15PM ZUMBA Jon	*7:30PM-8:30PM P90X Kelly	*7:45PM-8:30PM SUPERHERO Francesco			
						*New Class/Time

NOTES

- Classes are held in the Group Exercise Studio unless otherwise noted.
- MASKS are required for those unvaccinated.
- YMCA MEMBERSHIP required.
- Space is limited and classes fill on a first come first served basis.
- 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.

2 FREE FITNESS ORIENTATIONS
 Speak to a Floor Trainer for details.

PERSONAL TRAINING

1 Session	\$ 47
3 Sessions	\$105 (1 st Time Special)
3 Sessions	\$135
5 Sessions	\$210
10 Sessions	\$370

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.

Core de Force - A mixed martial arts inspired workouts designed to carve out total body definition.

Core Express - 30 minute class that will focus on strengthening and toning the entire core.

H.A.B.I.T. - (Hips, Abs, Buns, Incredible Thighs) A 30-40 minute strength training leg workout that targets the core, thighs and glutes. This is one HABIT your body will thank you for!

H.I.I.T. & Strength - Cardio combined with weights helps tone and increase strength all while burning calories & getting a good sweat on.

Level Up Boxing - This 45 minute boxing class will include boxing combos, strength and conditioning all set to fun music that will make you feel like you can take on any fight that comes your way.

Light & Lively - A class for beginners & the active older adults. Class includes light cardio and exercises for fitness, strength, balance and flexibility.

L.I.I.T. - Low impact interval training which is safe, effective and challenging for total body conditioning. Challenge yourself through speed, strength, agility, and coordination. Intervals and exercises will vary week to week. Modifications are always offered which makes this class suitable for all fitness levels.

Lower Body Burn - Focus on your lower half with strength and cardio moves to tone/firm and burn calories.

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.

PiYo - PiYo combines the strengthening benefits of Pilates with the flexibility enhancing effects of yoga. Set to music, this dynamic, energetic program was designed to provide a full-body workout without straining your body.

Seniorcize - A group exercise class designed specifically for the active older adult. The class is led by two certified personal trainers who utilize the Cybex strength equipment, hand weights, physioballs, and indoor track. Benefits from this class will include improved: strength, flexibility, balance, cardiovascular endurance, and core stability.

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

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.

Strength & Conditioning - This class alternates between free weights, exercise tubing, stability balls, or other strength training and conditioning activities.

SuperHero - Train for performance, improving your endurance, stamina, agility and strength. This high intensity interval training will challenge you and change you.

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.

Transform - Using a step to ramp up your calorie burn, this 30 minute workout will help you commit, conquer and climb to the next level of fitness.

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.

Y PUMP - This workout challenges all of your major muscle groups by using the best weight room exercises like squats, lifts, presses, and curls. Choreographed exercise along with your choice of weights. **This class is appropriate for all fitness levels.**

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 & up.

Yolates - Yoga style stretches blended with the Pilates mat work you know and love! A few minutes of savasana accompanies this to help end your week in a relaxing way. All fitness levels welcome.

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. **Families welcome - ages 6 & up.**