



# GROUP EXERCISE SCHEDULE

Effective 1/10/22

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

- 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 <sup>st</sup> 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** – Mixed martial art inspired workout that is designed to get the heart rate going while carving out total body definition, really targeting the core. All fitness levels welcome.

**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.

**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 gets 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.

**TRX – Strength & Stretch** Use your body weight to strengthen your muscles and enhance your flexibility utilizing the suspension bands. Beginner friendly but all levels of fitness will benefit from this workout.

**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.**