



# GROUP EXERCISE SCHEDULE

EFFECTIVE: 1/17/2022

## FACILITY HOURS

Monday – Thursday: 5:00am – 9:00pm  
 Friday: 5:00am – 7:00pm  
 Saturday: 7:00am – 3:00pm  
 Sunday: 8:00am – 2:00pm

## SOUTH ORANGE FAMILY YMCA

45 Gilbert Street Ext.  
 Monroe, NY 10950  
 (P) 845 782-9622  
 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 <b>STRENGTH</b> Wayne - Gr Ex. Studio	9:30AM-10:15AM <b>STRENGTH</b> Lauren - Gr. Ex. Studio	7:00AM-7:45AM <b>STRENGTH</b> Wayne - Gr. Ex. Studio	7:00AM-7:45AM <b>\$\$ UTZ</b> Wayne - Turf Area	7:00AM-7:45AM <b>H.I.I.T.</b> Tina M. - Gr. Ex. Studio	8:00AM-8:45AM <b>TABATA</b> Wayne -Gr. Ex. Studio	9:00AM-10:00AM <b>CYCLING</b> Meital-Cycle Studio
9:00AM-9:45AM <b>H.I.I.T.</b> Tina M. - Gr Ex. Studio	11:00AM-11:45AM <b>LIGHT &amp; LIVELY</b> Michele - Gr. Ex. Studio	9:15AM-10:00AM <b>SHRED &amp; TREAD</b> Lauren W. - 1st Fl.	9:15AM-10:15AM <b>CYCLING</b> Meital/Maureen - Cycle St.	9:00AM-9:45AM <b>CIRCUIT</b> Dakota - Gr. Ex. Studio	8:30AM-9:15AM <b>\$\$ UTZ</b> Tom - Turf Area	9:00AM-9:45AM <b>ZUMBA</b> Janice A.- Gr. Ex. Studio
9:15AM-10:15AM <b>CYCLING</b> Meital - Cycle St.	12:00PM-12:45PM <b>CHAIR YOGA</b> Lotus - Yoga Studio	9:15AM-10:15AM <b>CYCLING</b> Meital - Cycle St.	9:30AM-10:15AM <b>PILATES</b> Tina M. - Gr. Ex. Studio	9:30AM-10:15AM <b>ALL POSITION STRETCH</b> Tina M. - New Yoga St.	9:00AM-9:45AM <b>ZUMBA</b> Orlando - Gr. Ex. Studio	10:00AM-10:45AM <b>BALL FIT</b> Joan - M & A Studio
9:30AM-10:15AM <b>YOGA</b> Geena - Yoga	6:00PM-7:00PM <b>CYCLING</b> Meital - Cycle Studio	10:00AM-10:45AM <b>YOGA</b> Joan - Group Ex.	11:00AM-11:45AM <b>LIGHT &amp; LIVELY</b> Michele - Gr. Ex. Studio	10:00AM-10:45AM <b>BOUJÉ</b> Roby- Gr Ex. Studio	9:00AM-9:45AM <b>PILATES</b> Tina A./Tina M.- Yoga St.	10:00AM-10:45AM <b>\$\$UTZ</b> Dakota - Turf Area
10:00AM-10:45AM <b>ZUMBA</b> Mae O. - Gr Ex. Studio	6:00PM-6:45PM <b>STRENGTH</b> Lillian - Gr. Ex. Studio	*5:30PM-6:15PM <b>STEP &amp; TONE</b> Michele - Gr. Ex. Studio	12:00PM-12:45PM <b>CHAIR YOGA</b> Janice V. - Yoga or Gr.Ex.	*5:15PM-6:00PM <b>SHRED &amp; TREAD</b> Lauren W. - 1st Fl.	9:00AM-9:30AM <b>SUPER SPIN STARS</b> Rotation-Cycle Studio	10:00AM-10:45AM <b>YIN YOGA</b> Geena - Yoga or Gr.Ex.
5:30PM-6:15PM <b>CUT &amp; CORE</b> Michele - Yoga Studio	7:00PM-7:45PM <b>MIXXEDFIT</b> Christine A. - Gr. Ex. Studio	5:30PM-6:15PM <b>PILATES</b> Tina A. - New Yoga Studio	5:30PM-6:15PM <b>YOGA</b> Lotus - Yoga or Gr.Ex.	6:00PM-6:45PM <b>ZUMBA</b> Jessica - Gr Ex. Studio	10:00AM-10:45AM <b>YOGA</b> Paula/Geena-Yoga Studio	
6:00PM-6:45PM <b>TABATA</b> Wayne - Gr. Ex. Studio	7:45PM-8:30PM <b>\$\$ UTZ</b> Dakota - Turf Area	6:30PM-7:15PM <b>ZUMBA</b> Orlando - Gr. Ex. Studio	6:00PM-7:00PM <b>CYCLING</b> Meital - Cycle Studio		10:00AM-11:00AM <b>CYCLE</b> Rotating - Cycle Studio	
*6:30PM-7:15PM <b>YOGA</b> Geena - Yoga		*6:30PM-7:15PM <b>SHRED &amp; TREAD</b> Lauren W. - 1st Fl.	6:00PM-6:45PM <b>STRENGTH</b> Lillian - Gr. Ex. Studio			
7:00PM-7:45PM <b>ZUMBA</b> Brandon - Gr Ex. Studio		7:15PM-8:00PM <b>\$\$ UTZ</b> Tom - Turf Area	6:00PM-6:45PM <b>\$\$ UTZ</b> Dakota - Turf Area			* <b>New Class/Time</b> <b>\$\$ Additional Fee</b> (Register at the front desk.)
7:00PM-7:45PM <b>\$\$ UTZ</b> Lauren- Turf Area			7:00PM-7:45PM <b>I.V.A.</b> Lanette - Gr. Ex. Studio	Masks are required for all unvaccinated members at this time. All classes, instructors, times & days are subject to change. Check our app notifications and/or check Facebook for daily updates.		

**CHILD WATCH:** Ages 3 months-5 years

Monday: 9:00am-12:00pm 5:00pm-8:00pm  
 Tuesday: 9:00am-12:00am 5:00pm-8:00pm  
 Wednesday: 9:00am-12:00pm 5:00pm-8:00pm  
 Thursday: 9:00am-12:00pm 5:00pm-8:00pm  
 Friday: 9:00am-12:00pm CLOSED  
 Saturday & Sunday: 9:00am-12:00pm

**YOUTH CENTER:** Ages 6-12 years

Monday: 5:00pm-8:00pm  
 Tuesday: 5:00pm-8:00pm  
 Wednesday: 5:00pm-8:00pm  
 Thursday: 5:00pm-8:00pm  
 Friday: CLOSED  
 Saturday & Sunday: 9:00am-12:00pm

When MW schools are closed, we will provide AM hours for the Youth Center, 9-11am, except on snow days.

**All Position Stretch:** Enjoy this relaxing class that includes spinal stretching in all positions, seated in a chair, standing, laying down & seated on the floor, along with breathing and relaxation techniques to round out your session. All levels welcome.

**Ball Fit:** Shape and strengthen your body in new ways using a fitness ball in this challenging resistance class. All levels welcome.

**Boot Camp:** Get in shape, lose weight and have fun doing it. Each class will vary but will incorporate core conditioning, agility drills, abdominal toning and cardiovascular exercise with short distance running drills, body-weight resistance training, strength building and more. All levels welcome.

**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.

**Chair Yoga:** This traditional Yoga class uses a chair as a tool to provide participants a little support moving up and down. Perfect for people who have arthritis, who are pregnant, have limited range of motion or are recovering from an injury. Straps and blocks are also used to increase flexibility. Portions of this class will be done standing. All levels welcome.

**Circuit:** Be pushed to your limit in this class which will work strength and cardio all in one. Circuit training incorporates intense intervals of various exercises to give you the best work out possible in a 45 minute period. 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.

**Cycling:** 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.

**Super Spin Stars:** Super Spin Stars is a unique program created for Teens and Adults, ages 13 and up, with physical and developmental disabilities. With a maximum of 10 riders per class, this program aims to meet the safety and spin development of each participant. Class will meet once a week for thirty minutes. Small class ratios will ensure that each class specifically meets the needs of each rider. Personal aides are encouraged to ride along side their client. This class is all-inclusive. You may ride, regardless of your ability.

**Shred & Tread:** This is a fat burning, muscle strengthening class that incorporates bursts of cardio on treadmill, followed by low or higher intensity exercises (based on your ability). It is a fun, yet effective, motivating, stress reliever and endorphin/serotonin releasing class. All levels welcome.

**Strength:** This 45 minute class uses heavier weights to build strength, muscle, and increase metabolism. All levels welcome.

**Step & Tone:** You will use hand weights while stepping to popular music. Simple step movements help keep your heart rate up while light hand weights sculpt your entire body. This class is designed to improve your cardiovascular endurance as well as strengthen your core. 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!

**UTZ \$:** Every time you enter “The Zone” you’ll be challenged physically & mentally by our certified trainers. Get ready to be pushed outside your comfort zone so you can crush your personal fitness goals. There is a program fee and registration required for participation. See front desk for details.

**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.