



GROUP EXERCISE SCHEDULE

Effective 7/18/22

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 P90X Kelly	5:30AM-6:15AM CYCLING Cycling Studio Diana	5:45AM-6:30AM HIIT & Strength Diana	5:30AM-6:15AM CYCLING Cycling Studio Diana	5:45AM-6:15AM TRANSFORM Kelly	7:30AM-8:15AM CYCLING Cycling Studio Jen S.	8:45AM-9:30AM CYCLING Cycling Studio Diana/Jen O.
8:30AM-9:15AM STACKED Diana	9:00AM-9:45AM CYCLING Cycling Studio Jen C.	8:00AM-8:45AM LIGHT & LIVELY Laura	8:00AM-8:45AM TRX -Strength & Stretch Laura	9:00AM-9:45AM CYCLING Cycling Studio Jen C.	8:45AM-9:30AM TABATA Kelly	10:00AM-10:45AM TOTAL BODY BURN Diana/Jen O.
10:00AM-10:45AM* I.V.A. Zakea	9:00AM-9:45AM Strength & Conditioning Diana	9:00AM-9:45AM CYCLING Cycling Studio Lisa	9:00AM-9:45AM CYCLING Cycling Studio Laura	9:00AM-9:45AM Strength & Conditioning Jen O.	10:00AM-11:00AM PiYo Jen C.	11:00AM-11:45AM ZUMBA Danny
9:45AM-10:30AM CYCLING Cycling Studio Jen O.	9:15AM-10:00AM ZUMBA Gym Jourdan	9:00AM-9:45AM Strength & Conditioning Laura	9:00AM-9:45AM CORE & CARDIO Diana	10:00AM-11:00AM TABATA Val	11:15AM-12:00PM ZUMBA Orlando	12:30PM-1:15PM* SUPERHERO Francesco
11:15AM-12:15PM* YOGA Jen C.	10:00AM-10:45AM Y PUMP Val	10:00AM-11:00AM Y POWER HOUR Val	10:00AM-10:45AM Y PUMP Jen C.	10:15AM-11:00AM ZUMBA Gym Jourdan	12:30PM-1:15PM SUPERHERO Francesco	
4:30PM-5:15PM CYCLING Cycling Studio Lisa	11:15AM-12:15PM* YOGA Denise	11:15AM-12:00PM TAI CHI Amy	11:15AM-12:15PM* YOGA Denise	11:15AM-12:15PM* YOGA Jen C.		
4:30PM-5:15PM* WARRIOR RHYTHM Bekah	5:00PM-5:45PM TRX Kelly	4:30PM-5:15PM CYCLING Cycling Studio Jen S.	2:15PM-3:00PM SENIORCISE Wellness Mark	5:00PM-5:55PM YOLATES Leah		
5:30PM-6:00PM TRANSFORM Kelly	6:15PM-7:15PM* YOGA Elizabeth	5:15PM-6:00PM L.I.I.T. Kelly	5:00PM-5:45PM TRX Kelly	6:05PM-6:50PM ZUMBA Danny		
6:30PM-7:15PM H.A.B.I.T Diana	6:30PM-7:15PM Level Up Boxing Boxing Room Erika D.	6:00PM-6:45PM MEDITATION Cycling Studio Jen C.	6:15PM-7:00PM KB STRONG Candace			
7:30PM-8:15PM ZUMBA Mae	6:30PM-7:15PM CYCLING Cycling Studio Lisa	6:15PM-7:00PM BOOT CAMP Joe	6:30PM-7:15PM CYCLING Cycling Studio Jen O.			
	8:00PM-8:45PM* ZUMBA Jon	7:30PM-8:15PM P90X Kelly				*New Class/Time

NOTES

- Classes are held in the Group Exercise Studio unless otherwise noted.
- MASKS are strongly suggested 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 TRAININGS

Speak to our Wellness Staff for details.

PERSONAL TRAINING

1 Session	\$ 55
3 Sessions	\$135 (1 st Time Special)
3 Sessions	\$150
5 Sessions	\$235
10 Sessions	\$420

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.

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.

I.V.A.: I.V.A FITNESS™ is an interval training program set to the music we love and designed to work the entire body through dance (Hip Hop, Reggae, Soca, Latin & more), strength, and core routines (kickboxing, Capoeira, yoga, weight training & more). All levels welcome.

KB STRONG - Join us for this high intensity combo which fuses creative Kettlebell exercises alternating with rhythmic bodyweight exercises from **STRONG** to build strength, flexibility and endurance. Come Be Strong!

Level Up Boxing - This 45 minute boxing class will include boxing combos, strength and conditioning all set to fun music to 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 is safe, effective and challenging for total body conditioning. Challenge yourself through speed, strength, agility, and coordination. Modifications are available. All fitness levels welcome.

Meditation for Optimal Health - Reduce the degenerative health effects of stress by practicing meditation techniques that can easily be applied in 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. All fitness levels welcome.

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.

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.

All fitness levels welcome.

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.

Tai Chi - Tai chi is an ancient Chinese form of exercise with many benefits. Natural, gentle movements are used to relieve stress and anxiety and to generate health longevity, strength, and balance. All fitness levels welcome—very Senior friendly

Total Body Burn - This class will work all your major muscle groups using weights, the step and your own body weight to get your heart pumping and give you that burn you want.

Transform - Using a step to ramp up your calorie burn, this 30 minute workout helps 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 own body weight to strengthen muscles and enhance flexibility utilizing the suspension bands. Beginner friendly but all levels of fitness will benefit from this workout.

Warrior Rhythm - A fitness fusion that combines mindfulness, HIIT and weight lifting. Join in this rebel yoga flow. **All fitness levels welcome.**

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

Yoga - Increase flexibility, enhance 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.

Y Power Hour - Using all the tools of the trade, you'll alternate 30 seconds of intense activity followed by 1–2 minutes of lower intensity to really get the burn you need. Each workout will be different so your muscle memory will be challenged. Adaptable for all fitness levels.

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 +.**