



GROUP EXERCISE SCHEDULE

EFFECTIVE: 5/9/2022

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM-7:45AM STRENGTH Wayne - Gr Ex. Studio	9:30AM-10:15AM STRENGTH Lauren - Gr. Ex. Studio	7:00AM-7:45AM STRENGTH Wayne - Gr. Ex. Studio	7:00AM-7:45AM \$\$ UTZ Wayne - Turf Area	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 CYCLING Meital-Cycle Studio
9:00AM-9:45AM H.I.I.T. Tina M. - Gr Ex. Studio	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	*9:00AM-9:45AM ZUMBA STEP Stephanie - Group Ex.	9:15AM-10:15AM CYCLING Meital/Maureen - Cycle St.	9:15AM-10:00AM CIRCUIT Dakota - Gr. Ex. Studio	8:30AM-9:15AM \$\$ UTZ Tom - Turf Area	9:00AM-9:45AM ZUMBA Janice A.- Gr. Ex. Studio
9:15AM-10:15AM CYCLING Meital - Cycle St.	12:00PM-12:45PM CHAIR YOGA Lotus - Yoga Studio	9:15AM-10:00AM SHRED & TREAD Lauren W. - 1st Fl.	9:30AM-10:15AM STRENGTH Lauren W. - Gr. Ex. Studio	9:30AM-10:15AM ALL POSITION STRETCH Tina M. - New Yoga St.	9:00AM-9:45AM ZUMBA Orlando - Gr. Ex. Studio	9:30AM-10:15AM SHRED & TREAD Lauren W. - 1st Fl.
9:30AM-10:15AM YOGA Geena - Yoga	6:00PM-7:00PM CYCLING Meital - Cycle Studio	*9:00AM-10:00AM CYCLING Meital - Cycle St.	9:30AM-10:15AM PILATES Tina M. - M&A Studio	10:00AM-10:45AM BOUJÉ Roby- Gr Ex. Studio	9:00AM-9:45AM PILATES Tina A./Tina M.- M&A St.	10:15AM-10:45AM ABSOLUTELY ABS Lauren W. - M&A St.
10:00AM-10:45AM SHRED & TREAD Lauren W. - 1st Fl.	6:00PM-6:45PM STRENGTH Lillian - Gr. Ex. Studio	10:00AM-10:45AM YOGA Joan - Group Ex.	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	5:15PM-6:00PM SHRED & TREAD Lauren W. - 1st Fl.	10:00AM-10:45AM YOGA Paula/Geena-Yoga Studio	10:00AM-10:45AM \$\$UTZ Dakota - Turf Area
10:00AM-10:45AM ZUMBA Mae O. - M&A Studio	7:00PM-7:45PM MIXXEDFIT Christine A. - Gr. Ex. Studio	11:00AM-11:45AM \$\$ AERIAL YOGA Joan - Group Ex.	12:00PM-12:45PM CHAIR YOGA Janice V. - Yoga or Gr.Ex.	6:00PM-6:45PM ZUMBA Jessica - Gr Ex. Studio	10:00AM-11:00AM CYCLE Rotating - Cycle Studio	10:00AM-10:45AM YIN YOGA Geena - Yoga or Gr.Ex.
*10:30AM-11:15AM TRX Pam S. - Gr Ex. Studio	7:45PM-8:30PM \$\$ UTZ Dakota - Turf Area	5:30PM-6:15PM STEP & TONE Michele - Gr. Ex. Studio	5:30PM-6:15PM YOGA Lotus - Yoga or Gr.Ex.	6:00PM-6:30PM ABSOLUTELY ABS Lauren W. - M&A Studio	10:00AM-10:45AM MOBILITY Dakota - Group Ex. St.	11:00AM-11:45AM \$\$ AERIAL YOGA Nicole - Group Ex.
*5:30PM-6:15PM CUT & CORE Michele - M&A Studio		5:30PM-6:15PM PILATES Tina A. - M&A Studio	6:00PM-7:00PM CYCLING Meital - Cycle Studio			
6:00PM-6:45PM TABATA Wayne - Gr. Ex. Studio		6:30PM-7:15PM ZUMBA Orlando - Gr. Ex. Studio	6:00PM-6:45PM STRENGTH Lillian - Gr. Ex. Studio			
6:30PM-7:15PM YOGA Nicole - Yoga		5:45PM-6:30PM SHRED & TREAD Lauren W. - 1st Fl.	6:00PM-6:45PM \$\$ UTZ Dakota - Turf Area			
7:00PM-7:45PM ZUMBA Brandon - Gr Ex. Studio		7:15PM-8:00PM \$\$ UTZ Tom - Turf Area	7:15PM-8:00PM I.V.A. Lanette - Gr. Ex. Studio			
7:00PM-7:45PM \$\$ UTZ Lauren- Turf Area						

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	*5:00pm-7:00pm
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:	*5:00pm-7:00pm
Saturday & Sunday:	9:00am-12:00pm

When MW schools are closed, we will provide AM hours for the Youth Center, 9am-12pm, except on snow days.

* Indicates new class/time or location.
 \$\$ Indicates additional fee, registration required.

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

Aerial Yoga \$: Strengthen, stretch, and invert your body in new ways while suspended from the ceiling in an aerial hammock. All levels are welcome. There is a program fee and registration is required. See front desk for details.

All Position Stretch: Enjoy this relaxing class that includes spinal stretching in all positions: seated in a chair, standing, laying down, and seated on the floor. Breathing and relaxation techniques round out each session. All levels welcome.

Absolutely Abs: This 30 minute class concentrates on the core muscles. Achieve those 6-pack abs in no time! 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 routine varies but all incorporate core conditioning to tone the abdominals, cardiovascular exercises through agility and running drills, body-weight resistance training, strength training, and more. All levels welcome.

Boujé: Boujé means “to move” in Creole. This high intensity cardiorespiratory program includes international styles of movement such as tai-chi and dance, set to assorted music. It is designed to burn up to 1,000 calories per hour. All levels welcome.

Chair Yoga: A chair provides participants with the stability and support needed to move up and down or stand making this traditional yoga class perfect for people with arthritis, those who are pregnant, have limited range of motion, or are recovering from an injury. Straps and blocks are also used to increase flexibility. All levels welcome.

Circuit: Push your limits in this class that builds strength and endurance using interval training with various exercises for an intense work out. All levels welcome.

Cut & Core: Intervals of strength training tones muscles and develops core strength to improve overall balance and posture. All levels welcome.

Cycling: Experience interval rides, hills, and sprints set to exhilarating music for a great cardio workout and calorie burner that elevates your heartrate and works your legs and core. All levels welcome.

H.I.I.T.: This total-body, heart pumping, aerobic, and strength based workout will change the way you work out. 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 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.

Light & Lively: This combination of cardio and strength training is simple and easy to follow making it GREAT FOR ALL LEVELS. You'll feel energized all day. Seniors welcome.

Mixedfit: This dance fitness program incorporates explosive movements with boot camp type training. Modifications are available. All levels welcome.

Mobility: Working out is not just about building strength and endurance. This class specifically focuses on joint mobility, especially in the problem areas such as the shoulders and hips. Develop a more complete workout by adding this class to your routine. All levels welcome.

Pilates: Pilates strengthens the core while improving the breathe, flexibility, and stability of the body. Light weights, bender balls, stability balls, and gliders may be used. All levels welcome.

Super Spin Stars: This unique 30 minute class was 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 rider.

Shred & Tread: This fat burning, muscle strengthening class, incorporates bursts of cardio on a treadmill followed by low or high intensity exercises (based on your ability). This fun, yet effective, program relieves stress by releasing endorphins and increasing serotonin. All levels welcome.

Strength: This class uses heavier weights to increase strength and muscle, and improve your metabolism. All levels welcome.

Step & Tone: Simple step movements keep your heart rate elevated 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.

TRX: The TRX Suspension Trainer is the original, best-in-class, workout system that leverages gravity and bodyweight to perform hundreds of exercises. You're in control of how much you challenge yourself on each exercise because you can simply adjust your body position to increase or decrease resistance. All levels welcome.

Tabata: This 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 a certified trainer and be pushed outside your comfort zone so you can crush your personal fitness goals. There is a program fee and registration is required. 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. Yoga poses strengthen muscles, and improve flexibility and mindfulness.

Yin Yoga: Yin Yoga helps release tightness and assists in relaxation by 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. A series of passive floor poses, held for 2-3 minutes each, mainly works the lower part of the body – the hips, pelvis, inner thighs, and lower spine. The class is for all 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 while burning calories.

Zumba Step: Introducing Zumba® Step: All of the Step toning and strengthening for your legs and glutes. All the Zumba® fitness-party fun you love with easy to follow choreography. All levels welcome.