



GROUP EXERCISE SCHEDULE

Effective 3/18/24

YMCA OF MIDDLETOWN
81 Highland Ave.
Middletown, NY 10940
(P) 845 344 9622
www.middletownymca.org

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 SPIN Intervals & Arms Cycling Studio Stacey/Chelsy
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 Diana	9:00AM-9:45AM CYCLING Cycling Studio Laura	9:00AM-9:45AM STRENGTH & CONDITIONING Diana/Chelsy	10:00AM-11:00AM PiYo Jen C.	11:00AM-11:45AM ZUMBA Danny
9:30AM-10:15AM CYCLING Cycling Studio Inst. rotate	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 STEP & SWEAT Val	10:00AM-10:45AM Y PUMP Jen C.	10:15AM-11:00AM ZUMBA Gym Jourdan	11:30AM-12:15PM FISTS OF FURY Boxing Room Candace	
4:45PM-5:15PM TRANSFORM Kelly	11:15AM-12:15PM YOGA Denise	4:45PM-5:15PM L.I.I.T. Kelly	11:15AM-12:15PM YOGA Denise	11:15AM-12:15PM GENTLE YOGA Jen C.	12:30PM-1:15PM SUPERHERO Francesco	
5:30PM-6:15PM CYCLING Cycling Studio Jourdan	4:30PM-5:15PM TRX Kelly	5:30PM-6:15PM P90X Kelly	1:30PM-2:30PM ADAPTIVE ADULT FITNESS* Wellness Diana	5:00PM-5:55PM PILATES Leah		
5:30PM-6:15PM TABATA Francesco/Kelly	5:30PM-6:00PM CORE 30 Francesco	6:00PM-6:45PM WELLNESS WEDNESDAY SPIN Cycling Studio Jen S.	2:15PM-3:00PM SENIORCISE Wellness Mark	6:05PM-6:50PM ZUMBA Danny		
6:30PM-7:15PM H.A.B.I.T Diana	6:00PM-6:45PM* CYCLING Cycling Studio Stacey	6:30PM-7:00PM BOOTY CAMP Kelly	4:30PM-5:15PM TRX Kelly			
7:30PM-8:15PM ZUMBA Orlando*	6:15PM-7:15PM YOGA Elizabeth	7:15PM-8:00PM SUPERHERO Francesco	5:30PM-6:00PM HEAVY HALF* Kelly			
	6:30PM-7:15PM LEVEL UP BOXING Boxing Room Erika D.		6:30PM-7:15PM BUILD & SWEAT Francesco			
	7:45PM-8:30PM ZUMBA Jon		6:30PM-7:15PM CYCLING Cycling Studio Jen O.			*New Class/Time
			7:30PM-8:15PM I.V.A. Zakea			

NOTES

- Classes are held in the Group Exercise Studio unless otherwise noted.
- YMCA MEMBERSHIP required.
- Space is limited and classes fill on a first come first served basis.
- You may bring a MAT or use ours.
- Bring 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	\$160
5 Sessions	\$250
10 Sessions	\$450

Adaptive Adult Fitness – This program is an hour of movement & social time for Adaptive adults aged 18 and up. Each week will do a different type of movement workout (walking, strength training, yoga, etc.) Workouts will be for all levels and abilities and all program areas are handicapped accessible. Guardians & workers are welcome to join in or observe.

Booty Camp – Focusing primarily on the glutes, this 30 minute workout will tone, firm and strengthen some of the most important muscles in a quick, non-stop workout. ALL fitness levels welcome.

Build & Sweat – Get a great build and cardio burn with this 3 round class. Each round features 4 exercises—the first 3 are weight moves followed by a cardio blast. The final class round will focus all 4 exercises on the core. All fitness levels welcome.

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 30 – A 30 minute core conditioning class featuring 3 rounds that has 2 moves per round for 3 sets. Each round will get progressively harder – modifications will be offered for all.

Fists of Fury – A 45 minute circuit based class with a combination of boxing basics and calisthenics to increase the heart rate, developing strength and endurance. This will leave you drenched in sweat! Box and burn those cares and calories away. Modifications are always available,

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!

Heavy Half – 30 minute strength training challenging you to lift heavier than you are used to, for a small amount of reps. Focus is on form with a concentration on range of motion so the whole muscle gets used. All levels are welcome.

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.

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.

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.

Pilates – Condition the mind and body to strengthen the body's core unit. A series of exercises will help to develop strength, flexibility and core strength. All 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.

Spin—Intervals & Arms Combining all the great cardio and lower strength of spin and integrating an upper body workout will give you total body training . All fitness levels welcome.

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. All fitness levels welcome.

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

Step & Sweat – Combining a classic cardio workout with interval training with dumbbells for upper and lower body strengthening this workout will give your body all it needs. Class will end with core training. Adaptable for all fitness levels.

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.

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.

Wellness Wednesday Spin – Putting a different spin to cycling class, fitness, nutrition , mindfulness, and more tips will be shared throughout class to help you live your best life.

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.

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 +.