



GROUP EXERCISE SCHEDULE

EFFECTIVE: 3/25/2024

FACILITY HOURS

Monday – Thursday: 5:00am – 10:00pm
 Friday: 5:00am – 7:00pm
 Saturday: 7:00am – 4:00pm
 Sunday: 8:00am – 3:00pm

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	9:15AM-10:00AM CIRCUIT Dakota – Gr. Ex. Studio	7:00AM-7:45AM STRENGTH Wayne – Gr. Ex. Studio	9:15AM-10:00AM STRENGTH Nancy – Gr. Ex. Studio	9:30AM-10:15AM H.I.I.T. Roby – Gr. Ex. Studio	8:00AM-8:45AM TABATA Wayne –Gr. Ex. Studio	9:00AM-10:00AM CYCLING Meital-Cycle Studio
9:00AM-9:45AM TRX Nancy – Gr Ex. Studio	9:30AM-10:15AM SHRED & TREAD Tina M. – 1st Floor Cardio	9:00AM-9:45AM ZUMBA STEP Stephanie – Group Ex.	9:30AM-10:15AM PILATES Tina M. – M&A Studio	9:30AM-10:15AM ALL POSITION STRETCH Tina M. – Yoga St.	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.	9:30AM-10:15AM VINYASA FLOW YOGA Dina – Yoga Studio	9:15AM-10:15AM CYCLING *(WATTS) Meital – Cycle St.	10:15AM-11:00AM ZUMBA Dierdra – Group Ex. Studio	10:15AM-11:00AM BOUJÉ Roby – Gr Ex. Studio	9:00AM-9:45AM ZUMBA Orlando – Gr. Ex. Studio	10:00AM-10:45AM \$\$ UTZ Dakota – Turf Area
9:30AM-10:15AM YOGA Lotus – Yoga	11:00AM-11:45AM LIGHT & LIVELY Michele – Gr. Ex. Studio	10:00AM-10:45AM YOGA Liz Z. – Gr. Ex. Studio	11:00AM-11:45AM LIGHT & LIVELY Michele – Gr. Ex. Studio	11:00AM-11:45AM STRENGTH Michele – Gr Ex. Studio	9:00AM-9:45AM PILATES Tina A./Tina M.– M&A St.	10:00AM-10:45AM YIN YOGA Geena – Yoga St.
10:00AM-10:45AM ZUMBA Dierdra – Group Ex. St.	12:00PM-12:45PM CHAIR YOGA Lotus – Yoga Studio	5:30PM-6:15PM TRX Meital – Gr. Ex. Studio	12:30PM-1:15PM CHAIR YOGA Tina M. – Yoga or Gr.Ex.	6:00PM-6:45PM ZUMBA Brandon – Gr Ex. Studio	10:00AM-11:00AM CYCLING Rotating – Cycle Studio	10:00AM-10:45AM Strength Nancy – Group Ex. St.
11:00AM-11:45AM STRENGTH Michele – Gr Ex. Studio	6:00PM-7:00PM CYCLING Meital – Cycle Studio	5:30PM-6:15PM PILATES Tina A. – M&A Studio	5:30PM-6:15PM YOGA Lotus – Yoga or Gr.Ex.		10:00AM-10:45AM CARDIO KICKBOXING Izzy – Group Ex. St.	11:00AM-11:45AM MOBILITY Dakota – Group Ex. St.
*5:00PM-5:45PM CARDIO & STRENGTH Rotating – Gr Ex. Studio	6:00PM-6:45PM STRENGTH Lillian – Gr. Ex. Studio	6:30PM-7:15PM CYCLING Mike – Cycle St.	6:00PM-7:00PM CYCLING Meital – Cycle Studio		10:00AM-10:45AM YOGA Paula/Geena-Yoga Studio	
6:00PM-6:45PM TABATA Wayne – Gr. Ex. Studio	7:00PM-7:45PM CARDIO KICKBOXING Izzy – Group Ex. St.	6:30PM-7:15PM ZUMBA Orlando – Gr. Ex. Studio	6:00PM-6:45PM STRENGTH Lillian – Gr. Ex. Studio		*12:00PM-12:45PM VINYASA FLOW YOGA Susan-Yoga Studio	
6:30PM-7:30PM CYCLING Jenise – Cycle St.	7:00PM-7:45PM YOGA Liz Z. – Yoga St.	7:15PM-8:00PM \$\$ UTZ Tom – Turf Area	6:00PM-6:45PM \$\$ UTZ Dakota – Turf Area			
7:00PM-7:45PM ZUMBA Brandon – Gr Ex. Studio	7:45PM-8:30PM \$\$ UTZ Dakota – Turf Area		6:30PM-7:15PM TAI CHI Ilona – Yoga St.			
7:00PM-7:45PM \$\$ UTZ Meital- Turf Area			7:00PM-7:45PM MIXXEDFIT Christine A. – Gr. Ex. Studio			

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.

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

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.

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.

Cardio Kickboxing: This is a non-contact, aerobic kickboxing workout that utilizes basic techniques for punching and kicking, as well as basic body conditioning exercises. This class offers a combination of intense kickboxing moves, all perfectly choreographed to high energy and motivating music. All levels welcome.

Cardio & Strength: Alternating cardio and strength exercises by utilizing various types of equipment. Each class will be presented in a different format, so you will always be challenged in a different way. Stretching at the end is a large focus. 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.

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.

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. *(WATTS) You will pay attention to your watts levels, challenging yourself to reach new levels of energy burn throughout the class. 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: Finish off your week of intense training with a class to unwind and focus on mobility. This class will help your joints to become more mobile, especially in problem areas like hips and shoulders. Round out your workout routine. All levels welcome.

Pilates: This class 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.

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. All levels welcome.

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

Tai Chi: Tai chi is a system of movements and positions believed to have developed in 12th Century China. Tai chi techniques aim to address the body and mind as an interconnected system and are traditionally believed to have mental and physical health benefits. All levels.

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.

Gentle Yoga: This will be a kinder, gentler yoga, which incorporates traditional and mindful movements and poses with options to use a chair for those with physical limitations. Open to ALL levels.

Vinyasa Flow Yoga: Vinyasa yoga offers an opportunity to build strength, stretch deeply and engage in a faster-paced flow of yoga poses linked together with breath. Vinyasa is excellent for your health. Not only does it keep you active, but it reduces stress, is accessible for many fitness levels, and improves heart health.

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 by holding poses longer. The class is for all levels.

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.

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.