



GROUP EXERCISE SCHEDULE

Effective 3/3/2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM-8:45AM STACKED Diana/Laura	5:30AM-6:15AM CYCLING Cycling Studio Diana	5:45AM-6:30AM HIIT & Strength Diana	5:30AM-6:15AM CYCLING Cycling Studio Stacey	9:00AM-9:45AM CYCLING Cycling Studio Jen C.	8:30AM-9:15AM CYCLING Cycling Studio Daniel	8:45AM-9:30AM SPIN Intervals & Arms Cycling Studio Stacey/Chelsy
9:00AM-9:45AM CYCLING Cycling Studio Diana/Laura	9:00AM-9:45AM STRENGTH & CONDITIONING Chelsy	8:00AM-8:45AM LIGHT & LIVELY Laura	8:00AM-8:45AM TRX -Strength & Stretch Laura	9:00AM-9:45AM STRENGTH & CONDITIONING Chelsy	8:45AM-9:30AM TABATA Inst Rotate	10:00AM-10:45AM TOTAL BODY BURN Jen O.
9:00-9:45AM POWER PUNCH Boxing Room Val	9:00AM-9:45AM CYCLING Cycling Studio Jen C.	9:00AM-9:45AM SPIN Intervals & Arms Cycling Studio Chelsy	9:00AM-9:45AM CYCLING Cycling Studio Laura	10:00AM-11:00AM TABATA Val	10:00AM-11:00AM PiYo Jen C.	11:00AM-11:45AM ZUMBA Danny
10:00AM-10:45AM TABATA STRONG Candace	9:15AM-10:00AM ZUMBA Gym Jourdan	9:00AM-9:45AM STRENGTH & CONDITIONING Laura	9:00AM-9:45AM SURPRISE SWEAT & STRENGTH Chelsy	10:15AM-11:00AM ZUMBA Gym Jourdan	11:15AM-12:00PM ZUMBA Orlando	
11:15AM-12:15PM YOGA Jen C.	10:00AM-11:00AM Y PUMP Val	10:00AM-11:00AM STEP & SWEAT Val	10:00AM-10:45AM Y PUMP Jen C.	11:00AM-11:45AM GOLDEN GLOVES Boxing Room Candace	11:00AM-11:45AM FISTS OF FURY Boxing Room Candace	
5:30PM-6:15PM TOTAL BODY BURN Maria	11:15AM-12:15PM YOGA Denise	11:00AM-11:45AM GOLDEN GLOVES Boxing Room Candace	11:15AM-12:15PM YOGA Denise	11:15AM-12:15PM CORE AND MOBILITY Inst Rotate	1:00PM-1:45PM BOOTCAMP Lyons Den Candace	
6:30PM-7:15PM H.A.B.I.T Diana	1:30PM-2:15PM SENIORCIZE Wellness Diana	5:00PM-5:45PM TRX Leah	2:15PM-3:00PM SENIORCIZE Wellness Mark	5:00PM-5:55PM PILATES Leah	<div>ALL MEMBERS GET 2 FREE FITNESS TRAININGS</div> <div>Speak to our Wellness Staff for details</div>	
7:30PM-8:15PM ZUMBA Orlando	5:15PM-6:00PM TABATA STRONG Candace*	6:30PM-7:15PM H.A.B.I.T Diana*	5:00PM-6:00PM CIRCLE MOBILITY Daniel	6:05PM-6:50PM ZUMBA Danny		
	6:00PM-6:45PM* CYCLING Cycling Studio Stacey	7:30PM-8:15PM IVA Zakea	6:15PM-7:00PM TABATA Diana		<div>PERSONAL TRAINING</div> <div> 1 Session \$55 3 Sessions \$138 (1st Time Special) 3 Sessions \$160 5 Sessions \$255 10 Sessions \$460 </div>	
	6:15PM-7:15PM YOGA Inst Rotate		6:30PM-7:15PM CYCLING Cycling Studio Jen O.			
	7:45PM-8:30PM ZUMBA Jon				<div> <ul style="list-style-type: none"> Classes are held in the Group Exercise Studio unless otherwise noted. YMCA MEMBERSHIP required. 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. </div>	

BootCamp— A high energy circuit workout class that will focus on cardio and strength intervals using various types of equipment such as the ropes, kettlebells, weights, sled, and dumbbells. Class will held in the Lyons Den and all fitness levels welcome.

Circle Mobility— A class focused on functional movement which will incorporate flexibility, breathwork, and mobility exercises. through a mix of Pilates moves and yoga poses. All levels welcome and modifications will be given.

Core and Mobility— This dynamic class is a fusion of Yoga, Pilates, core and full body stretching. Designed to improve your core stability, enhance mobility, and increase your overall body awareness. All fitness level welcome.

Cycling: Gear up for a cycling class designed to enhance strength, endurance, and speed. Each week focusing on different training aspects. Push your limits through progressive sessions that will give you a great workout. All fitness levels welcome.

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

Golden Gloves— A low impact boxing class that will allow you to get your heart rate up boost your cardio through moves that will help to improve your balance, agility and coordination through fun and engaging boxing drills.

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.

Light & Lively - A class for beginners & the active older adults. Class includes light cardio and exercises for fitness, strength, balance and flexibility.

I.V.A Fitness— I.V.A Fitness is an interval training program set to music we love and designed to work the entire body through dance (Hip Hop, Reggae, Soca, Latin & more) strength and core routines. All 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

Power Punch: Learn proper boxing/kickboxing technique to execute various punches combined with kicks and lower body moves to give you a full body cardio and strength workout

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, physio balls, 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. All fitness levels welcome

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.

Surprise Sweat & Strength— Challenge our body and mind with new moves and formats every week. You'll love the unexpected and full body workout.

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.

Tabata Strong— A unique fitness fusion between Tabata HIIT components and STRONG by Zumbas engaging rhythmic movements that are both challenging + exhilarating. Class will incorporate weights, kettlebells and bodyweight moves. All fitness levels welcome.

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.

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.

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 +.