



GROUP EXERCISE SCHEDULE

EFFECTIVE: 06/14/2026

*FACILITY HOURS

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

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 BOOT CAMP Meital - Gr. Ex. Studio	7:00AM-7:45AM STRENGTH Wayne - Gr. Ex. Studio	9:30AM-10:15AM PILATES Susannah - Group Ex. St.	9:30AM-10:15AM H.I.I.T. Roby - Gr. Ex. Studio	8:00AM-8:45AM TABATA Wayne -Gr. Ex. Studio	9:00AM-9:45AM ZUMBA Janice A.- Gr. Ex. Studio
9:15AM-10:00AM 15-15-15 Tari - Gr Ex. Studio	9:30AM-10:15AM VINYASA FLOW YOGA Dina - M & A Studio	9:00AM-9:45AM ZUMBA STEP Stephanie - Group Ex.	*9:15AM-10:15AM CYCLING Maureen - Cycle Studio	9:30AM-10:15AM \$ ULTIMATE TRAINING Meital - Turf Area	9:15AM-10:00AM \$ ULTIMATE TRAINING Tom - Turf Area	*9:00AM-9:45AM CYCLING Dakota - Cycle Studio
9:30AM-10:15AM YOGA Lotus - Yoga	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	9:15AM-10:15AM CYCLING Tari - Cycle Studio	11:00AM-11:45AM LIGHT & LIVELY Michele - Gr. Ex. Studio	*9:30AM-10:15AM ALL POSITION STRETCH Dina - M & A Studio	9:00AM-9:45AM ZUMBA Orlando - Gr. Ex. Studio	*9:15AM-10:00AM \$ ULTIMATE TRAINING Adam - Turf Area
*10:15AM-11:00AM TRX Meital - Gr. Ex. Studio	11:45AM-12:15PM SALSA DANCE Melinda - Gr Ex. Studio	10:15AM-11:00AM YOGA Michelle S. - Gr. Ex. Studio	11:45AM-12:15PM SALSA DANCE Melinda - Gr Ex. Studio	10:15AM-11:00AM BOUJÉ Roby - Gr Ex. Studio	9:00AM-9:45AM PILATES Tina A. - M&A St.	10:00AM-11:00AM YIN YOGA Muriel - Yoga St.
*11:15AM-12:00PM STRENGTH Michele - Gr Ex. Studio	12:00PM-12:45PM CHAIR YOGA Lotus - Yoga Studio	11:00AM-12:00PM TAI CHI Maureen F. - Yoga studio	5:30PM-6:15PM YOGA Lotus - Yoga or Gr.Ex.	11:15AM-12:00AM STRENGTH Michele - Gr Ex. Studio	10:00AM-10:45AM CARDIO KICKBOXING Izzy - Group Ex. St.	10:00AM-10:45AM BOOT CAMP Dakota - Group Ex. St.
5:30PM-6:15PM CARDIO & STRENGTH Rotating - M & A Studio	6:00PM-7:00PM CYCLING Meital - Cycle Studio	5:30PM-6:15PM LINE DANCE FUSION Paula C. - Group Ex. Studio	6:00PM-7:00PM CYCLING Meital - Cycle Studio	6:00PM-6:45PM ZUMBA Janice A. - Gr Ex. Studio	10:00AM-10:45AM YOGA Paula-Yoga Studio	11:00AM-11:45AM SUNDAY STRETCH Izzy - Group Ex. St.
6:00PM-6:45PM TABATA Wayne - Gr. Ex. Studio	6:00PM-6:45PM STRENGTH Lillian - Gr. Ex. Studio	5:30PM-6:15PM PILATES Tina A. - M&A Studio	6:00PM-6:45PM STRENGTH Tari - Gr. Ex. Studio		11:00AM-11:45AM LINE DANCE FUSION Maria C. - Group Ex. Studio	
6:00PM-6:45PM CYCLING Dakota - Cycle Studio	7:00PM-7:45PM BOOT CAMP Dakota - Group Ex. St.	6:30PM-7:15PM YIN YOGA Michelle S. - Yoga St.	7:00PM-7:45PM MIXXEDFIT Christine A. - Gr. Ex. Studio			
7:00PM-7:45PM ZUMBA Brandon - Gr Ex. Studio	7:00PM-7:45PM VINYASA FLOW YOGA Hassan - Yoga St.	6:30PM-7:15PM ZUMBA Orlando - Gr. Ex. Studio				
7:00PM-7:45PM \$ ULTIMATE TRAINING Meital - Turf Area		7:05PM-7:50PM \$ ULTIMATE TRAINING Tom - Turf Area				

CHILD WATCH: Ages 3 months-5 years
 Monday: 8:45am-12:00pm 5:00pm-8:00pm
 Tuesday: 8:45am-12:00am 5:00pm-8:00pm
 Wednesday: 8:45am-12:00pm 5:00pm-8:00pm
 Thursday: 8:45am-12:00pm 5:00pm-8:00pm
 Friday: 8:45am-12:00pm 5:00pm-7:00pm
 Saturday & Sunday: 8:45am-12:00pm

AQUACIZE is held in the pool M-Sa, 9:00am-9:45am, and M-Th 6:30pm-7:15pm.
 See pool schedule for additional details.

* Indicates new class/time, instructor or location.

\$ Indicates additional fee, registration required.

All classes, instructors, times & days are subject to change.
 Check our app for updates, rotations, substitutions and cancellations.

YOUTH CENTER: Ages 6-12 years *(AM hours begin 6/29/26)
 Monday: *8:45am-12:00pm 5:00pm-8:00pm
 Tuesday: *8:45am-12:00am 5:00pm-8:00pm
 Wednesday: *8:45am-12:00pm 5:00pm-8:00pm
 Thursday: *8:45am-12:00pm 5:00pm-8:00pm
 Friday: *8:45am-12:00pm 5:00pm-7:00pm
 Saturday & Sunday: 8:45am-12:00pm

15-15-15: This well-rounded class will focus on upper body for 15 minutes, lower body for 15 minutes and abs for 15 minutes. All levels welcome.

All Position/Sunday 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.

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.

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.

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.

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.

Line Dance Fusion: Get ready to move and sweat with this 45 minute, instructional line dance class that blends rhythmic line dancing with vibrant, Zumba-style choreography. It's a fun, all-levels party designed to boost your mood and improve your coordination.

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

Phitlates (Fit-lates): The low impact, high intensity class delivers full body toning with an emphasis on the core. We combine classic Pilates exercises with light weights. Magic Pilates rings, blocks and weights.

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.

Salsa Dance: Modified NY Style mambo dance, non strenuous movements. Not meant for a workout, Just learn the steps and have fun.

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

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 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!

Ultimate Training Zone \$: 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.

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.