



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA at PISCATAWAY COMMUNITY CENTER

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00-9:55am Cardio Kickboxing Neil- DS 10:00-10:55am Zumba Candice- DS 9:30-10:20am Group Cycling* Amanda- CR	9:30-10:20am Step & Sculpt Amanda- DS 11:00-11:50pm Full-Body Fit Shannon- DS	7:00-7:55am Power Yoga Jamie- DS 8:00-8:55am Retro Low-Impact Aerobics Kathi- DS 9:00-9:55am Strength and Tone Kathi- DS 10:00-10:50am Yoga Kathi- DS 11:00-11:55am Fit for Life	9:00-9:55am Zumba Gold Lisa- DS 9:30-10:20am Group Cycling* Amanda- CR 10:00-10:55am Hip-Hop Step JaNay- BC 11:00-11:55am Chair Yoga* Kathi- DS	9:30-10:20am Cardio BOOM Amanda- DS 10:30-11:25am Zumba Gold Toning Lisa- DS	8:00-8:50am Yogalates Candice- DS 9:00-9:55am Zumba Candice- DS 10:00-10:55am Hip-Hop Step Kaleia- DS 10:00-10:50am Group Cycling* Marilyn- CR	8:00-8:55am HIIT Neil- DS 9:00-9:55am Yoga Cheryl- DS 10:00-10:55am Barre Cheryl- DS
EVENING						
6:00-6:55pm Zumba Toning Lisa- DS 6:00-6:50pm Group Cycling* Elizabeth- CR 7:15-8:00pm Total Body Eleonor- DS	5:00-5:50pm Strength and Tone JaNay- DS 6:00-6:55pm Hip-Hop Step* JaNay- DS 7:00-7:30pm Stretch JaNay- DS	5:00-5:55pm HIIT Neil- DS 6:00-6:55pm Zumba Lisa- DS 7:00-7:55pm Yoga Alaina- DS	5:00-5:50pm Strength and Tone JaNay- DS 6:00-6:50pm Zumba Elizabeth- BC 6:15-7:00pm Group Cycling* JaNay- CR 6:00-6:55pm Yoga Cheryl-DS 7:00-7:55pm Barre Cheryl- DS	<div>Schedule is subject to change.</div> <ul style="list-style-type: none"> Be advised that you should consult a physician prior to starting an exercise program. We recommend bringing your own yoga/fitness mat. Classes are first come first served and subject to capacity limits *Indicates limited size class All classes begin and end on time. Once a class is in progress, you may not enter class <div> ROOM KEY BC- Basketball Court CR- Cycling Room DS- Dance Studio ST- Studio 3B in Fitness Center </div>		

SMALL GROUP TRAINING SCHEDULE

All SGT classes run in 7- or 8-week sessions and require registration and fee payment prior to first class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00pm StrongHer 7:00-8:00pm StrongHer II JaNay- ST	10:00-11:00am BoxFit Phil- ST	10:00-11:00am StrongHer JaNay- ST	10:00-11:00am TRX Kathi- DS		9:00-10:00am Butts and Guts JaNay- ST	9:00-10:00am BoxFit Phil- ST



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CLASS DESCRIPTIONS

Barre – A fitness class inspired by ballet, Pilates, and yoga, that focuses on low-impact, high-intensity movements to build strength, flexibility, and improve posture

Cardio BOOM – A medium-intensity dance fitness class

Cardio Kickboxing – Integrates kicks, punches, and other kickboxing movements with cardiovascular and strengthening movements for a fun workout

Fit for Life – Includes cardiovascular, strength and flexibility designed so participants establish their own goals so people of all ages and levels will fit right in

Full-Body Fit—A high-energy, full-body workout designed to build strength, boost endurance, and burn major calories

Group Cycling – Instructor led non-impact cardio ride on specialized bikes, simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. Limited bikes are available

HIIT – A high-intensity interval training class that exercises your whole body

Hip-Hop Step – A cardio step fitness class designed to improve cardio endurance and coordination set to new and old-school hip-hop hits

Power Yoga – A fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures

Retro Low-Impact Aerobics – A cardiovascular workout set to retro music, great for all ages

Step & Sculpt – A great total body cardiovascular workout utilizing an adjustable step platform and weights

Strength & Tone – Includes a variety of modalities to strengthen and tone your body

Total Body – A high-intensity fitness class that works out your whole body

Yoga – Increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain

Yogalates – Combines yoga and Pilates movements into a lengthening and strengthening exercise class for your whole body

Zumba – A dynamic and fun aerobic dance class set to a fusion of Latin and International music

Zumba Gold – Utilizes simpler steps that are lower impact

Zumba Toning – Incorporates strengthening exercises using light hand weights with the dance routines found in Zumba

Small Group Training Classes:

BoxFit– A high energy blend of boxing moves, cardio, and strength for a total body-burn

Butts and Guts – A high-energy, lower-body-focused class that targets your glutes, core, and thighs

StrongHer – A women-only strength training class designed to help you build muscle, boost confidence, and feel powerful in your body

TRX – Utilizes wall-mounted straps to work multiple muscles at once, all while engaging your core