



Community Campus

GROUP EXERCISE SCHEDULE

September–October

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sunrise Yoga 6 – 7 AM Nancy (MPR2)	Group Cycling 6 – 7 AM Karen (MPR1)	Sunrise Yoga 6 – 7 AM Nancy (MPR2)	Group Cycling 6 – 7 AM Marilyn (MPR1)	Sunrise Strength 6 – 7 AM Karen (MPR2)		
Yoga & Meditation 8 – 8:55 AM Reena (MPR2)	Pilates 8 – 8:55 AM Angela (MPR2)	Yoga 8 – 8:55 AM Preeti (MPR2)	Total Body 8 – 8:55 AM Angela (MPR2)	Yoga 8 – 8:55 AM Preeti (MPR2)	HIIT 8 – 8:55 AM Ashok (MPR2)	Step & Abs 8 – 8:55 AM Megha (MPR2)
Total Body 9 – 9:55 AM Angela (MPR2)	HIIT 9 – 9:55 AM Christine (MPR2)	Kickboxing 9 – 9:55 AM Ramya (MPR2)	Pilates 9 – 9:55 AM Angela (MPR2)		Zumba, Bolly & Bhangra 9 – 9:55 AM Srividya (MPR2)	Bolly-X 9 – 9:55 AM Aanchal (MPR2)
Zumba, Bolly & Bhangra 10 – 10:55 AM Sakshi (MPR2)	Yoga 10 – 10:55 AM Reena (MPR2)	Zumba 10 – 10:55 AM Christine (MPR2)	Zumba, Bolly & Bhangra 10 – 10:55 AM Sakshi (MPR2)	Zumba, Bolly & Bhangra 10 – 10:55 AM Niketa (MPR2)	Yoga 10 – 11 AM Payal (MPR2)	Yoga 10 – 11 AM Sandy (MPR2)
Enhance Fitness *12 – 1 PM Mike (MPR2)		Enhance Fitness *11 AM – 12 PM Mike (MPR2)		Enhance Fitness *12 – 1 PM Christine (MPR2)		

GROUP EXERCISE GUIDELINES

Group Exercise schedules are subject to change; be advised that you should consult a physician before starting any exercise program.

Group Exercise Rules:
Minimum age to attend class is 10 years old, unless otherwise specified

Participants must arrive no later than 10 mins. after the class begins. Enter quietly, especially during Yoga.

Classes are first come, first served. For highlighted classes, a number is required. You can pick up a number at the Cardio Room podium 15 mins. before class.

Participants are expected to sign in for class and to put away all equipment used during class.

**Enhance Fitness is free for Senior Members or those with a chronic ailment, but registration is required.*

ROOM KEY

MPR1: Multi-Purpose Room 1
MPR2: Multi-Purpose Room 2
PT Deck: Upper level of Strength Room

EVENING

Teen/Tween Yoga 5 – 5:55 PM Reena (MPR2)			Gentle Yoga 5 – 5:55 PM Ruth (MPR2)	Yoga 5 – 5:55 PM Reena (MPR2)
Total Body 6 – 6:55 PM Sandy (MPR2)	Zumba, Bolly & Bhangra 6:15 – 7:10 PM Sakshi (MPR2)	HIIT 6 – 6:55 PM Marilyn (MPR2)	Bolly X 6 – 6:55 PM Aanchal (MPR2)	Zumba, Bolly & Bhangra 6 – 7 PM Sakshi (MPR2)
Yoga 7 – 8 PM Sandy (MPR2)	Pranayama 7:15 – 8:15 PM Preeti (MPR2)	Zumba Toning 7 – 8 PM Hollis (MPR2)	Pilates 7 – 8 PM EJ (MPR2)	

Stay updated on changes/cancellations by signing up for Text Alerts on our website!

SMALL GROUP TRAINING SCHEDULE

All SGT classes run in 8–9 week sessions and require registration and fee payment prior to start of first class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TRX 8 – 9 AM Gary (PT Deck)	Advanced Women on Weights 8 – 9 AM Gary (Strength Room)		Beginner/Int. Women on Weights 10 – 11 AM Megha (Strength Room)	Squats, Slams & Ropes 9 – 10 AM Gary (MPR2)		Beginner Women on Weights 7 – 8 AM Megha (Strength Room)
						Beginner TRX 9 – 10 AM Megha (PT Deck)

Thank you for being part of our community!

EDISON COMMUNITY CAMPUS CLASS DESCRIPTIONS

Minimum age to attend Group Exercise classes is 10 years old, unless otherwise marked.

BOLLY-X: The Bollywood Workout is a Bollywood-inspired, dance-fitness program that combines dynamic choreography and intense workouts.

CORE & MORE: a core-focused workout designed to strengthen and stabilize your midsection, with added glute work and light weights to enhance overall strength and control.

CYCLING: Instructor-lead, 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

ENHANCE FITNESS: is the Y's Arthritis Management Program, designed to meet the needs of active older adults and to decrease risk of falling. Class includes cardio exercise, weights, balance, stretching, all done with chairs to assist.

HIIT: High Intensity Interval Training has bouts of maximum effort, followed by varied recovery exercises, including weights

PILATES: Pilates is a body-conditioning routine that helps build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back.

PRANAYAMA: is a yogic breathing practice that involves controlling and regulating the breath to improve physical and mental well-being. It's a key component of yoga, often practiced with asanas (postures) and meditation. Techniques can include rapid diaphragmatic breathing, slow/deep breathing, alternate nostril breathing, and breath holding.

STEP & ABS: Using the Step as a conduit for a great cardio workout, you'll have fun while working the entire body. Class will also include abdominal exercises to strengthen the core.

SUNRISE STRENGTH: A full body workout focusing on strength exercises to build muscle and improve stamina and tone

TEEN YOGA: a gentle flow of poses and postures that build strength, promote harmony of body and mind and relieve stress. This class is just for Teens/Tweens ages 12-18.

TOTAL BODY: Classes include cardiovascular, strength, and flexibility exercises with props to work the entire body and tone/sculpt.

(Gentle) YOGA: a gentle flow of poses, which can include props to assist in achieving the desired result/ Beginner Level **YOGA:** 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

(Yoga/Meditation includes the addition of Meditation to the practice.)

ZUMBA: Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

ZUMBA/BOLLY/BHANGRA: An energetic fusion of Latin and Bollywood rhythms & is moderate to high intensity.

ZUMBA TONING: Perfect for those who want the fun of a Zumba party, mixed with songs that focus on toning and sculpting muscles using light weights

Small Group Training Classes requires additional payment.

You may register on our website, with the Welcome Center or Drop In for \$20 per class. (14 and older)

Squats, Slams, Ropes: Using battle ropes and slam balls, this intense workout will utilize muscles in your glutes, back, abs and can be used to build legs with lunges, squats, slams and jumps.

TRX Suspension Training: a form of suspension training that uses bodyweight exercises to develop strength, balance, flexibility and core stability simultaneously. Performed in a circuit-style for optimal fitness and fat burning.

Women on Weights: this class focuses on classic weight-training for proper use of dumbbells, barbells, kettle bells and more. Work on improving body mechanics, bone-density, strength, and overall well-being. In studies examining the link between exercise and bone growth, it was found that weight-bearing exercise, such as strength training or weight lifting, may prevent osteoporosis and create stronger bones. Beginner-New to weights , Advanced-Pre-Requisite: Completed Beginner Class or approved by Instructor