



# MARCH 2026



## Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-9:55am Yoga Toning Payal Studio	9:00-9:55am Yoga & Meditation Payal Studio	9:00-9:55am Cardio Fit Jeanine Studio	9:00-9:55am Mat Pilates Monica Studio	9:00-9:55am Yoga Nancy Studio	9:00-9:55am Yoga Nancy Studio	9:00-9:55am Yoga Nancy Studio
10:00-10:55am Senior Fit Studio	10:15-11:10am Silver Sneakers Christyna Studio	10:00-10:55am Chair Yoga Nancy Studio	10:00-10:55pm Fit for Life Monica Studio		10:00-10:55am Chair Yoga Nancy Studio	10:00-10:55pm Total Body Dion Studio
			11:15-12:10pm Cardio Christyna Studio	10:00-10:55am ZUMBA Jeanine Studio	11:00-11:55pm Total Body Gio Studio	
				11:15-12:00pm Fit For Life Monica Studio		
				12:00-12:55pm Senior Cycle Monica Cycle Studio		
6:30-7:25pm Cardio Studio	6:30-7:25pm Mat Pilates Maryna Studio	6:30-7:25pm Cardio Studio	6:30-7:25pm Yoga Kara Studio			
7:30-8:25pm Total Body Studio	7:30-8:25pm Turn Up Dance Fitness Alicia Studio		6:30-7:25pm Total Body Cycle Debbie Studio			<b>Denotes</b> <b>**CHANGES</b> <b>to previous</b> <b>schedule</b>

For the most up to date schedule check our website <https://www.ymcaofmews.org/locations/south-amboy> or Download the YMCA 360APP \*\*

# Class Descriptions

Yoga—Build a strong body, mind, & spirit. This class incorporates poses and breathing exercises to improve posture, flexibility, balance, and energy levels.

Yoga Toning—This class focuses on building a strong body, mind & spirit. Core mat work incorporating the use of light weights & toning exercises improving overall health & wellbeing.

Senior Fit—Chair optional total-body class. This class can be attended seated or standing. All moves can be modified by using your chair. The focus is on strength, range of motion, Flexibility & balance.

Zumba®—Come join our party! Perfect for everybody and everybody! Zumba® class mixes low and high intensity dance moves for an interval-style, calorie-burning dance fitness party to Latin and International beats.

Silver Sneakers Classic—This class focuses on strengthening muscles and increasing range of movement for daily life activities. Dumbbells, tubes, bands, and chairs are utilized for the exercises in this class.

Total Body Cycle—Be ready to get your sweat on! This is high energy indoor ride will add upper body to engage your entire body for a full-body workout! You can work at your own individualized level by adjusting the tension on the bike. Limited to 9 participants per class. New participants should arrive early to set up your bike for a safe comfortable ride. Water bottle & towel mandatory.

Cardio Fit—Increase your cardiovascular endurance, muscle strength, and flexibility in a class designed to allow participants to establish their own goals so that people of all fitness levels are welcome.

Chair Yoga—A gentle form of yoga that is practiced sitting on a chair or standing using a chair to help those with mobility issues. It helps to stimulate physical and mental wellbeing by reducing stress and improving mental clarity, flexibility and strength.

Mat Pilates—A body conditioning routine that helps build flexibility, muscle strength and endurance in the legs, abdominals, arms, hips and back. Emphasis is on spinal and pelvic alignment, breathing and developing a strong core and improves coordination and balance.

Cardio—An aerobic workout including boxing and martial arts moves. A great total body workout that can improve strength, cardiovascular endurance, flexibility, coordination, and balance.

Senior Cycle—This spin class is perfect for those new to spin or recovering from an injury. The instructor will take time to set you up properly on the bike & will teach you everything you need to know to get your motor running. You will get a safe effective workout. Great for all levels.

Fit for Life—A great full body low-impact cardiovascular workout for all fitness levels. Chair optional total-body class. This class can be attended seated or standing. All moves can be modified by using your chair. The focus is on strength, range of motion, Flexibility & balance.

Total Body— A full Body strength workout using a variety of equipment and bodyweight exercises. May include dumbbells, body barres, tubing, kettlebells, exc...

Turn Up Dance Fitness— A high- intensity interval training (HIIT) dance workout that blends elements of dancing, fitness, toning, & active recovery into a fun, energetic class designed to feel like a night out at a club with friends.

**Minimum age to attend classes is 12 years old, unless otherwise stated**

**\*\*Please arrive to class on time—For your Safety DO NOT ENTER more than 15 minutes after the class start time.\*\***

**Proper clothing and footwear are required | Bring your own mat | Turn cell phones to silent  
SCHEDULE IS SUBJECT TO CHANGE | DOWNLOAD YMCA 360 APP | CHECK WEBSITE FOR UPDATES**

**Scan tag needed to enter all group fitness classes. Thank you !**