SOUTH AMBOY YMCA
GROUP EXERCISE SCHEDULE
September 1st–30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING	Yoga Toning 9 – 9:55 AM Payal (Studio)	Yoga & Meditation 9 – 9:55 AM Payal (Studio)	Cardio Fit 9 – 9:55 AM Jeanine (Studio)	Mat Pilates 9 – 9:55 AM Monica (Studio)	Yoga 9 – 9:55 AM Nancy (Studio)	Yoga 9 – 9:55 AM Nancy (Studio)	Yoga 9 – 9:55 AM Nancy (Studio)
	Senior Fit 10 – 10:55 AM Payal (Studio)	Silver Sneakers 10 – 10:45 AM Christyna (Studio)	Chair Yoga 10 – 10:55 AM Nancy (Studio)	Total Body 10 – 10:55 AM Monica (Studio)	Zumba 10 – 10:55 AM Jeanine (Studio)	Chair Yoga 10 – 10:55 AM Nancy (Studio)	Total Body 10 – 10:55 AM Dion (Studio)
				Cardio 11:15 AM – 12:10 PM Christyna (Studio)	Fit For Life 11:15 AM – 12 PM Monica (Studio)	Total Body 11 AM – 12 PM Gio (Studio)	
EVENING	Cardio Kickboxing 6:30 – 7:25 PM Lori (Studio)	Turn Up Dance Fitness 6 – 7 PM Alicia (Studio)	Cardio Kickboxing 6 – 6:55 PM Lori (Studio)	Yoga 6:30 – 7:25 PM Kara (Studio)			
	Total Body 7:30 – 8:25 PM Lori (Studio)		Total Body 7 – 7:55 PM Lori (Studio)	Total Body Cycle 6:30 – 7:25 PM Debbie (Studio)			

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.

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

ROOM KEY

Studio
FZ: Function Zone

SMALL GROUP TRAINING SCHEDULE

All SGT classes run in 5-week sessions and require registration and fee payment prior to start of first class.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Dance Aerobics 5:30 – 6:30 PM Debbie (Studio) Upper Body Challenge 6:30 – 7:30 PM Debbie (FZ)		Tighten Up 7:30 – 8:30 PM Debbie (FZ) Build & Burn 6:30 – 7:30 PM Gio (FZ)	Chair Fitness 5:30 – 6:30 PM Debbie (Studio)			

Thank you for being part of our YMCA community!

SOUTH AMBOY YMCA
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 well-being 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 bars, tubing, kettlebells, etc.
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.