



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 10:30-11:25am Pilates Candice- 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 LiHan- DS	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 10:05-10:55am 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- ST 7:00-7:55pm Zumba DJ- BC	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 Total Body Eleonor- DS 6:00-6:50pm Zumba Elizabeth- BC 6:00-6:55pm Yoga Cheryl- DS 6:15-7:00pm Group Cycle JaNay- CR 7:00-7:55pm Barre Cheryl- DS			

GROUP EXERCISE GUIDELINES

- We recommend bringing your own mat.
- Classes are first come first served and subject to capacity limits. Classes marked with * require participants to get a number up to 30 minutes prior to class time.
- All classes begin and end on time. Once a class is in progress, you may not enter class as to not disturb instructor and other participants.
- Schedule is subject to change.

ROOM KEY

- BC- Basketball Court
- CR- Cycling Room
- DS- Dance Studio
- ST- Studio 3B in Fitness Center

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 JaNay- ST 7:00-8:00pm StrongHer II JaNay- ST	10:00-11:00am BoxFit Phil- ST	9:00-9:50am Golf Strength and Conditioning Neil- ST 9:00-10:00am Rise & Grind BC Phil- Outside 10:00-11:00am StrongHer JaNay- ST	10:00-11:00am TRX Kathi- DS		9:00-10:00am BoxFit Phil- ST 11:00-12:00pm Butts and Guts JaNay- 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

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

Pilates - A body conditioning routine puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance

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.

Rise & Grind Bootcamp- Full body outdoor workout designed to build strength and boost endurance.

Golf Strength & Conditioning- This program will help you build foundational strength, and increase your power and endurance.

***Due to high attendance, select classes require a number to reserve your spot. Numbers are available at the front desk or fitness center desk 30 minutes prior to class. Number does not permit late entry.**