



# GROUP EX

## FALL I September 13 - October 31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15-9:55 <b>Bodyweight Boot Camp*</b> Giovanni STUDIO	9-9:55 <b>Cardio Fit</b> Jeanine STUDIO	9:15-10:10 <b>Pilates*</b> EJ <b>Hybrid</b> STUDIO	9-9:55 <b>Yoga*</b> Nancy STUDIO	8-8:55 <b>Group Cycling</b> Annmarie CYCLE	
	10-10:55 <b>Zumba®</b> Srividya GYM	10-10:55 <b>Chair Yoga</b> Nancy STUDIO	10:15-11:10 <b>Tai Chi</b> EJ STUDIO	10-10:55 <b>Zumba®</b> Jeanine STUDIO	9-9:55 <b>Yoga*</b> Nancy STUDIO	9-9:55 <b>Yoga*</b> Nancy STUDIO
10:30-11:15 <b>Deep Water</b> Elena POOL		10:30-11:15 <b>Aqua Sculpt</b> Elena POOL		10:30-11:15 <b>Swimnastics</b> Elena POOL	10-10:55 <b>Fit for Life</b> Jeanine <b>ALTERNATING</b>	9-9:55 <b>Outdoor Boot Camp*</b> Giovanni OUTSIDE
11:30-12:15 <b>Forever Fit</b> Elena STUDIO				11-11:55 <b>Fit for Life</b> Jeanine STUDIO	10-10:55 <b>Chair Yoga</b> Nancy STUDIO	10-10:55 <b>Family Zumba®</b> Srividya GYM
				Arrive up to 15 minutes early to sign in and get a number to reserve your spot.		
6-6:55 <b>Dance Jam</b> Debbie STUDIO	6-6:55 <b>Zumba®</b> Jeanine GYM		6:15-7:10 <b>Total Body*</b> Jeanine STUDIO	*Bring your own fitness mat.		
	7-7:55 <b>Group Cycling</b> Debbie CYCLE		7:15-8:10 <b>Cardio Kickboxing</b> Debbie STUDIO	**Hybrid classes can be attended in-person or virtually from home.		
				***Family classes are inclusive to all members ages 12 and up, and to children ages 8-11 with a participating adult.		

SCHEDULE IS SUBJECT TO CHANGE | SIGN UP FOR TEXT ALERTS

Be advised that you should consult a physician prior to starting an exercise program.

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## Group Exercise Rules

Arrive up to 15 minutes prior to class start to get a number and reserve your spot | Please maintain social distancing | Minimum age to attend classes is 12 years old, unless otherwise stated | Please arrive to class on time—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  
See instructor for specifics about the class

## Class Descriptions

**Boot Camp**—A challenging circuit structured workout designed to improve cardiovascular endurance, muscular strength & endurance, coordination, and agility. Modifications offered for all fitness levels.

**Cardio Fit**—A great full body low-impact cardiovascular workout for all fitness levels.

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

**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.

**Dance Jam**—Sweat to the beat in this high intensity mixed dance style aerobics class!

**Fit for Life**—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.

**Forever Fit**—A community-based recreational exercise program developed by the Arthritis Foundation. Our trained AFEP instructor leads a variety of range-of-motion, endurance-building and balance exercises.

**Group Cycling**—Be ready to get your sweat on! We'll motivate and guide you on a high energy indoor ride! You can work at your own individualized level by adjusting the tension on the bike. Limited to 6 participants per class.

**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.

**Tai Chi**—An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation and health.

**Total Body**—This class will include lower body, upper body and core strength segments that will strengthen and tone your total body!

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

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

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