



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTH AMBOY YMCA

[www.ymcaofmewsa.org](http://www.ymcaofmewsa.org)

# GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	9:15-10:00 <b>Body Weight Boot Camp*</b> Giovanni <b>GYM</b>		9:15-10:15 <b>HYBRID**</b> <b>Pilates*</b> EJ <b>GYM</b>	9:00-9:55 <b>Yoga*</b> Nancy <b>GYM</b>	7:30-8:30 <b>Group Cycling</b> Annmarie <b>GYM</b>	8:45-9:45 <b>Yoga*</b> Nancy <b>STUDIO</b>	<ul style="list-style-type: none"> <li>• Arrive up to 15 minutes early to get a number and reserve your spot</li> <li>• All participants must check in at our Welcome Center</li> <li>• A health screening will be completed at check-in</li> <li>• Please wear a mask if you are not vaccinated</li> </ul>
		10:00-11:00 <b>Chair Yoga</b> Nancy <b>GYM</b>	10:30-11:30 <b>Tai Chi</b> EJ <b>GYM</b>	10:00-10:50 <b>Zumba®</b> Jeanine <b>GYM</b>	8:45-9:45 <b>Yoga*</b> Nancy <b>STUDIO</b>	9:00-10:00 <b>Outdoor Boot Camp*</b> Giovanni <b>OUTSIDE</b>	
6:00-6:55 <b>Cardio Kickboxing</b> Debbie <b>GYM</b>	6:00-6:55 <b>Zumba®</b> Jeanine <b>GYM</b>		6:00-6:55 <b>Family Zumba®</b> Srividya <b>GYM</b> <b>AGES 8+ ***</b>	11:00-12:00 <b>HYBRID**</b> <b>Fit for Life</b> Jeanine <b>GYM</b>	10:00-11:00 <b>Fit for Life</b> Jeanine <b>ALTERNATING Chair Yoga</b> Nancy <b>STUDIO</b>	11:00-12:00 <b>Family Zumba®</b> Srividya <b>GYM</b> <b>AGES 8+ ***</b>	<ul style="list-style-type: none"> <li>• <b>**HYBRID</b> classes can be attended in-person at our branch or virtually from home!</li> <li>• <b>***AGES 8+</b> Children ages 8-11 are permitted with a participating adult</li> </ul>
	7:00-7:50 <b>Group Cycling</b> Debbie <b>GYM</b>		7:00-7:50 <b>Total Body*</b> Jeanine <b>GYM</b>				

**\*Bring your own yoga/fitness mat.**