



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 <b>Cardio Kickboxing</b> Neil- DS 10:00-10:55am <b>Zumba</b> Candice- DS 9:30-10:20am <b>Group Cycling*</b> Amanda- CR	9:30-10:20am <b>Step &amp; Sculpt</b> Amanda- DS 10:30-11:25pm <b>Full-Body Fit</b> Shannon- DS	7:00-7:55am <b>Power Yoga</b> Jamie- DS 8:00-8:55am <b>Retro Low-Impact Aerobics</b> Kathi- DS 9:00-9:55am <b>Strength and Tone</b> Kathi- DS 10:00-10:50am <b>Yoga</b> Kathi- DS 11:00-11:55am <b>Fit for Life</b>	9:00-9:55am <b>Zumba Gold</b> Lisa- DS 9:30-10:20am <b>Group Cycling*</b> Amanda- CR 10:00-10:55am <b>Hip-Hop Step</b> JaNay- BC 11:00-11:55am <b>Chair Yoga</b> Kathi- DS	9:30-10:20am <b>Cardio BOOM</b> Amanda- DS 10:30-11:25am <b>Zumba Gold Toning</b> Lisa- DS	8:00-8:50am <b>Yogalates</b> Candice- DS 9:00-9:55am <b>Zumba</b> Candice- DS 10:00-10:55am <b>Hip-Hop Step</b> Kaleia- DS 10:00-10:50am <b>Group Cycling*</b> Marilyn- CR	8:00-8:55am <b>HIIT</b> Neil- DS 9:00-9:55am <b>Yoga</b> Cheryl- DS 10:00-10:55am <b>Barre</b> Cheryl- DS
EVENING						
6:00-6:55pm <b>Zumba Toning</b> Lisa- DS 6:00-6:50pm <b>Group Cycling*</b> Elizabeth- CR 7:15-8:00pm <b>Total Body</b> Eleonor- DS	5:00-5:50pm <b>Strength and Tone</b> JaNay- DS 6:00-6:55pm <b>Hip-Hop Step</b> JaNay - DS 7:00-7:30pm <b>Stretch</b> JaNay- DS	5:00-5:55pm <b>HIIT</b> Neil- DS 6:00-6:55pm <b>Zumba</b> Lisa- DS 7:00-7:55pm <b>Yoga</b> Alaina- DS	5:00-5:50pm <b>Total Body</b> Eleonor- DS 6:00-6:50pm <b>Zumba</b> Elizabeth- BC 6:00-6:55pm <b>Yoga</b> Cheryl- DS 6:15-7:00pm <b>Group Cycle*</b> JaNay-CR 7:00-7:55pm <b>Barre</b> Cheryl- DS	<div>Schedule is subject to change.</div> <ul style="list-style-type: none"> <li>Be advised that you should consult a physician prior to starting an exercise program.</li> <li>We recommend bringing your own yoga/fitness mat.</li> <li>Classes are first come first served and subject to capacity limits.</li> <li>All classes begin and end on time. Once a class is in progress, you may not enter class as to not disturb</li> </ul> <div> <b>ROOM KEY</b>            BC- Basketball Court            CR- Cycling Room            DS- Dance Studio            ST- Studio 3B in Fitness Center         </div>		

### 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 <b>StrongHer</b> JaNay- ST 7:00-8:00pm <b>StrongHer II</b> JaNay- ST	10:00-11:00am <b>BoxFit</b> Phil- ST	10:00-11:00am <b>StrongHer</b> JaNay- ST	10:00-11:00am <b>TRX</b> Kathi- DS		9:00-10:00am <b>Butts and Guts</b> JaNay- ST	9:00-10:00am <b>BoxFit</b> Phil- 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

**Full Body Fit** – A high-energy, full-body workout designed to build strength, boost endurance, and burn major calories.

**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

**StrongHer** – A women-only strength training class designed to help you build muscle, boost confidence, and