

# JULY 2025

## Group Exercise Schedule



| Monday                                               | Tuesday                                                   | Wednesday                                         | Thursday                                                        | Friday                                                | Saturday                                                | Sunday                                                    |
|------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|-----------------------------------------------------------|
| 9:00-9:55am<br>Yoga Toning<br>Payal<br>Studio        | 8:30-9:25am<br>Yoga &<br>Meditation<br>Payal<br>Studio    | 9:00-9:55am<br>Cardio Fit<br>Jeanine<br>Studio    | 9:00-9:55am<br>Mat Pilates<br>Maryna<br>Studio                  | 9:00-9:55am<br>Yoga<br>Nancy<br>Studio                | 9:00-9:45am<br>Aqua ZUMBA<br>Sobhana<br>Pool <b>NEW</b> | 8:00-8:55am<br>Water Aerobics<br>Greg<br>Pool             |
| 9:00-9:45am<br>Aqua Fit<br>Elenamarie<br>Pool        | 9:30-10:25am<br>ZUMBA<br>Srividya<br>Studio               | 9:00-9:45am<br>Aqua Splash<br>Betty<br>Pool       | 9:00-9:45am<br>Aquacise<br>Monica<br>Pool                       | 9:30-10:25am<br>Senior Cycle<br>Betty<br>Cycle Studio | 9:00-9:55am<br>Yoga<br>Nancy<br>Studio                  | 9:00-9:55am<br>Yoga<br>Nancy<br>Studio                    |
| 10:00-10:50am<br>Forever Fit<br>Elenamarie<br>Studio | 10:30-11:25am<br>Silver Sneakers<br>Christyna<br>Studio   | 10:00-10:55am<br>Chair Yoga<br>Nancy<br>Studio    | 10:00-10:55pm<br>ZUMBA<br>Angie<br>Studio                       | 10:00-10:55am<br>ZUMBA<br>Jeanine<br>Studio           | 10:00-10:55am<br>Chair Yoga<br>Nancy<br>Studio          | 10:00-10:55am<br>Cardio Fit<br>Jeanine<br>Studio          |
|                                                      |                                                           |                                                   | 1:00-1:55pm<br><b>NEW TIME</b><br>Cardio<br>Christyna<br>Studio |                                                       |                                                         |                                                           |
|                                                      |                                                           |                                                   |                                                                 |                                                       |                                                         |                                                           |
|                                                      | 6:30-7:25pm<br>Mat Pilates<br>Maryna <b>NEW</b><br>Studio |                                                   | 6:30-7:25pm<br>Yoga<br>Kara<br>Studio                           |                                                       |                                                         |                                                           |
| 7:30-8:25pm<br>ZUMBA<br>Gina<br>Studio               |                                                           | 7:30-8:25pm<br>ZUMBA<br>Gina <b>NEW</b><br>Studio | 7:30-8:25pm<br>Cardio<br>Kickboxing<br>Debbie<br>Studio         |                                                       |                                                         | <b>Denotes<br/>**CHANGES<br/>to previous<br/>schedule</b> |

For the most up to date schedule check our website <https://www.ymcaofmews.org/locations/south-amboy>  
or Download the YMCA 360APP

# 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.

Aqua Fit—Total body Aquatic fitness class. Use aquatic dumbbells & noodles to create a heart pumping cardio & strength class.

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.

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.

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 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.

Aqua Splash—Use Noodles & aqua dumbbells, splash to the music while burning calories & having fun!

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 wellbeing by reducing stress and improving mental clarity, flexibility and strength.

Aquacise—This high energy low impact class is perfect for those looking to make a splash by incorporating all elements of fitness (cardio, strength, balance, core and flexibility) The goal of this class is to explore movement using multi-directional resistance of water.

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 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.

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.

Water Aerobics—Come splash & burn with this fun total-body water aerobic exercise class.

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.

Aqua Zumba®—Take the party to the pool! Perfect for everybody and everybody! Aqua Zumba® class mixes low and high intensity modified for the pool dance moves for an interval-style, calorie-burning dance fitness party to Latin and International beats that is gentle on the joints.

**Minimum age to attend classes is 12 years old, unless otherwise stated**

**\*\*Please arrive to class on time—For your Safety 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  
SCHEDULE IS SUBJECT TO CHANGE | DOWNLOAD YMCA 360 APP | CHECK WEBSITE FOR UPDATES  
Scan tag needed to enter all group fitness classes. Thank you !**