YMCA of Piscataway Community Center
GROUP EXERCISE SCHEDULE
November 1 – December 31

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Kickboxing 9 – 9:55 AM Neil (DS)	Group Cycle 6 – 6:50 AM Cheryl (CR)	Power Yoga 7 – 7:55 AM Jamie (DS)	Zumba Gold 9 – 9:55 AM Lisa (DS)	Cardio Boom 9:30 – 10:20 AM Amanda (DS)	Yogalates 8 – 8:50 AM Candice (DS)	HIIT 8 – 8:50 AM Neil (DS)
Group Cycle 9:30 – 10:20 AM Amanda (CR)	Step & Sculpt 9:30 – 10:20 AM Amanda (DS)	Retro Low-Impact Aerobics 8 – 8:55 AM Kathi (DS)	Group Cycle 9:30 – 10:20 AM Amanda (CR)	Zumba Gold Toning 10:30 – 11:30 AM Lisa (DS)	Zumba 9 – 9:55 AM Candice (DS)	Yoga 9 – 9:55 AM Cheryl (DS)
Zumba 10 – 10:55 AM Candice (DS)	Pilates 10:30 – 11:25 AM Candice (DS)	Strength & Tone 9 – 9:55 AM Kathi (DS) Yoga 10 – 10:50 AM Kathi (DS) Fit For Life 11 – 11:55 AM LiHan (DS)	Chair Yoga 11 – 11:55 AM Kathi (DS)		Hip Hop Step 10 – 10:55 AM Kaleia (DS)	Barre 10 – 10:55 AM Cheryl (DS)

EVENING

Zumba Toning 6 – 6:55 PM Lisa (DS)	Strength & Tone 5 – 5:50 PM JaNay (DS)	HIIT 5 – 5:55 PM Neil (DS)	Total Body 5 – 5:50 PM Candy (DS)			
Group Cycle 6 – 6:50 PM Elizabeth (CR)	Hip Hop Step 6 – 6:55 PM Sheba (DS)	Zumba 6 – 6:55 PM Lisa (DS)	Cycle 30 5:15 – 5:45 PM Elizabeth (CR)			
Total Body 7:15 – 8 PM Eleonor (DS)	Zumba 7 – 7:55 PM DJ (BC)	Yoga 7 – 7:55 PM Alaina (DS)	Zumba 6 – 6:50 PM Elizabeth (BC) Barre 6 – 6:50 PM Cheryl (DS) Yoga 7 – 7:55 PM Cheryl (DS)			

GROUP EXERCISE GUIDELINES

- We recommend bringing your own yoga/fitness 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 start time.
- All classes begin and end on time. Once a class is in progress, you may not enter as to not disturb instructor and other participants.
- Schedule subject to change.

ROOM KEY

BC- Basketball Court
CR- Cycling Room
DS- Dance Studio
ST-Studio 3B (in fitness ctr)

SMALL GROUP TRAINING SCHEDULE

All SGT classes run in 7- or 8-week sessions and require registration and fee payment prior to start of first class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
StrongHer 6 – 7 PM JaNay (ST) StrongHer II 7 – 8 PM JaNay (ST)	BoxFit 10 – 11 AM Phil (ST) Total CirCUT Strength 7 – 8 PM Eleonor	StrongHer 10 – 11 AM Eleonor (ST) StrongHer II 11 AM – 12 PM JaNay (ST)	TRX 10 – 11 AM Kathi (DS) BoxFit 6-7PM Phil (ST)		BoxFit 9 – 10 AM Phil (ST)	

Thank you for being part of our YMCA community!

YMCA AT THE PISCATAWAY COMMUNITY CENTER

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.
Strong Body- Full body toning class using weights and a bench.
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.
Body Bar Combat- A Martial Arts Inspired class using weighted bars for good mix of cardio and strength training.
StrongHer - A women-only strength training class designed to help you build muscle, boost confidence, and feel powerful in your body.
StrongHer II- Advanced womens strength training. (Member must complete StrongHer)
TRX - Utilizes wall-mounted straps to work multiple muscles at once, all while engaging your core.

*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.