



Group Exercise Schedule

Somerset Hills YMCA–Riverwalk

Created: 5/29/2017

Age requirement for group exercise classes is 13 years and older.

KEY: ♥ Beginner ♥♥ Intermediate ♥♥♥ Advanced

MONDAY	CLASS	INSTRUCTOR	LOCATION
8:30 AM-9:15 AM	Total Strength	Paulene	Group Exercise Room
9:00 AM-10:00 AM	Alignment Yoga <i>This class is at CDL (Clarence Dillon Library)</i>	Patricia	Clarence Dillon Library
9:30 AM-10:30 AM	♥ Gentle Yoga	Christine	Yoga Studio
9:30 AM-10:15 AM	♥♥ Circuit Training	Jennifer	Group Exercise Room
10:45 AM-11:45 AM	♥♥ Vinyasa Flow Yoga	Christine	Yoga Studio
11:00 AM-12:00 PM	♥ AOA Conditioning	Jan	Group Exercise Room
12:15 PM-1:15 PM	♥ Zumba® Gold	Jan	Group Exercise Room
3:30 PM-4:30 PM	Pilates and Core <i>*SUB*</i>	Mary	Yoga Studio
4:30 PM-5:30 PM	Pilates	Bonnie	Yoga Studio
6:00 PM-6:45 PM	Total Strength	Deb A.	Group Exercise Room
6:00 PM-7:00 PM	♥ Gentle Yoga	Shannon	Yoga Studio
7:10 PM-8:10 PM	♥♥ Zumba®	Katie	Group Exercise Room
7:30 PM-8:30 PM	♥ Gentle Yoga	Pam	Yoga Studio
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:30 AM-7:15 AM	Pilates and Core <i>cANCELLED 5/23</i>	Bonnie	Group Exercise Room
9:00 AM-10:00 AM	♥♥ Vinyasa Flow Yoga	Mythri	Yoga Studio
9:15 AM-10:00 AM	Body Weight Blast	Jennifer	Group Exercise Room
10:15 AM-11:15 AM	Pilates	Jill	Yoga Studio
10:15 AM-11:15 AM	Senior Yoga	Jan	Group Exercise Room
11:20 AM-12:20 PM	♥ Zumba® Gold	Jan	Group Exercise Room
4:00 PM-4:45 PM	Total Strength	Suzanne	Group Exercise Room
5:30 PM-6:20 PM	♥♥ Cardio Intervals	Kim	Group Exercise Room
6:15 PM-7:15 PM	Vinyasa Flow - Mixed Level	Genevieve	Yoga Studio
6:30 PM-7:30 PM	Prenatal Yoga <i>Class ends May 23rd</i>	Emily Kimm	Group Exercise Room
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
8:30 AM-9:15 AM	Total Strength	Sue D.	Group Exercise Room
9:15 AM-10:15 AM	♥ Gentle Yoga	Christine	Yoga Studio
9:30 AM-10:15 AM	On The Ball	Sue D.	Group Exercise Room
10:20 AM-11:05 AM	♥♥ Zumba®	Nancy	Group Exercise Room
11:15 AM-12:15 PM	♥ AOA Conditioning	Jan	Group Exercise Room
11:15 AM-12:15 PM	Senior Yoga	Christine	Group Exercise Room
4:30 PM-5:30 PM	Gentle Flow Yoga	Shannon	Clarence Dillon Library
4:30 PM-5:30 PM	On The Ball <i>CANCELLED 4/26</i>	Mary	Group Exercise Room
6:00 PM-7:00 PM	Vinyasa Flow - Mixed Level	Marilyn	Yoga Studio
6:00 PM-6:45 PM	Total Strength	Deb A.	Group Exercise Room
7:30 PM-8:30 PM	♥♥ Zumba®	Erica	Group Exercise Room
THURSDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:45 AM	Strength & Conditioning <i>**SUB**</i>	Jennifer	Group Exercise Room
9:00 AM-10:00 PM	Alignment Yoga	Patricia	Clarence Dillon Library
9:00 AM-10:00 AM	♥♥ Sun Salute Vinyasa Flow Yoga	Mythri	Yoga Studio
9:15 AM-10:00 AM	♥♥♥ Tabata Training	Beth	Group Exercise Room
10:15 AM-11:15 AM	Pilates and Core	Christine	Group Exercise Room
12:15 PM-1:15 PM	♥ Zumba® Gold	Jan	Group Exercise Room
5:30 PM-6:30 PM	♥♥ Power Pump <i>*SUB*</i>	Michelle	Group Exercise Room
6:15 PM-7:15 PM	♥ Teen Yoga	Marilyn	Yoga Studio
7:00 PM-7:45 AM	♥ Reiki/Meditation	Liz	Group Exercise Room

FRIDAY	CLASS	INSTRUCTOR	LOCATION
6:30 AM-7:15 AM	Pilates	Bonnie	Group Exercise Room
8:00 AM-9:00 AM	♥♥ Yogalates	Mary	Group Exercise Room
9:15 AM-10:00 AM	♥♥♥ UFit	Julia	Yoga Studio
10:15 AM-11:00 AM	Total Strength	Paulene	Group Exercise Room
11:15 AM-12:00 PM	♥ AOA Conditioning	Ginny	Group Exercise Room
12:00 PM-1:00 PM	♥♥ Vinyasa Flow Yoga	Shelley	Yoga Studio
4:30 PM-5:30 PM	Pilates	Bonnie	Group Exercise Room
5:40 PM-6:40 PM	Vinyasa Flow - Mixed Level	Shannon	Group Exercise Room
6:50 PM-7:35 PM	♥ Pound	Alex	Group Exercise Room
SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:30 AM-9:15 AM	Cardio & Sculpt Circuit Training	Jordana	Group Exercise Room
9:40 AM-10:25 AM	Pilates and Core **SUB**	Marilyn	Yoga Studio
10:30 AM-11:30 AM	♥♥ Zumba®	Tina	Group Exercise Room
11:15 AM-12:00 PM	♥ Kids Yoga	Marilyn	Yoga Studio
11:45 AM-12:45 PM	Mixed Level Yoga	Christine	Group Exercise Room
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	♥ Gentle Yoga	Genevieve	Yoga Studio
9:30 AM-10:30 AM	♥♥ Zumba®	Erica	Group Exercise Room
9:30 AM-10:45 AM	♥♥ Intermediate/Advanced Yoga	Marilyn	Yoga Studio
10:45 AM-11:30 AM	Pilates	Marilyn	Group Exercise Room

CLASS DESCRIPTIONS

ALIGNMENT YOGA

Using fundamentals of various yoga postures to improve strength, flexibility & balance. Focus of alignment allows students to experience the benefits of yoga at a more relaxed pace. Appropriate for all levels, holding postures provides a physical & mental experience that is both challenging and accessible with the help of yoga props.

AOA CONDITIONING

For the active older adult who wants to improve their health. The class is done at a lower intensity and incorporates basic resistance training and cardio moves to raise your heart rate.

BODY WEIGHT BLAST

Body Weight Blast – This 45 min class will combine cardio & bodyweight exercises for a high intensity, total body workout.

CARDIO & SCULPT CIRCUIT TRAINING

Cardio & Strength class that uses alternating minutes of cardio and a minute of strength training.

CARDIO INTERVALS

Multi level intervals combining cardio and strength training moves for an effective full body workout. Instructor will give options for every level of fitness.

CIRCUIT TRAINING

Use all types of machines.

GENTLE FLOW YOGA

For all levels & ages, these classes links yoga postures with breath to improve flexibility and overall well-being. With more time in seated & reclined postures, students have the opportunity to explore subtle movement. Great for a range of students, including anyone new to yoga, as well as those looking to balance out a more vigorous practice.

GENTLE YOGA

INTERMEDIATE/ADVANCED YOGA

Geared toward students with a strong ongoing yoga practice, this class incorporates more challenging poses and variations.

KIDS YOGA

MIXED LEVEL YOGA

ON THE BALL

Toning, core balance, and strength – all on the ball!

PILATES

This mat class is based on the principles of Joseph Pilates. The gentle moves are geared toward strengthening the “core” muscles using the body’s weight for resistance. Special attention is directed toward form, strength, stretching and balance.

PILATES AND CORE

Learn to utilize and strengthen your “powerhouse” – your deep abdominal muscles, oblique’s and lower back. This class utilizes the precise movements of Pilates.

POUND

Pound- A fun 30-45 minute drum inspired jam session of cardio and strength activity. Are you ready to ...Rock Out and Work Out!?!

POWER PUMP

A 60 minute, full-body strength training workout that uses barbells, dumbbells and plates to work and develop the entire body. Each class is individually designed by the instructor to creatively combine fitness expertise with knowledge of physiology for a powerful effective, high-energy workout.

PRENATAL YOGA

Class will focus on postures to keep your body agile, improve circulation, help you recover more quickly after delivery and it gives you the confidence to have the best possible pregnancy and delivery by learning to stretch and strengthen the body, to focus and relax the mind, regulate breathing and develop awareness. Yoga is a wonderful way to bond with your baby while he/she is in the womb. Prenatal yoga class is a great way to bond with other moms, share experiences, build friendships, relax and honor the life growing with you and honor yourself.

REIKI/MEDITATION

Reiki/Meditation- Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing, done in a group setting that will also include meditation techniques.

SENIOR YOGA

A gentle class for older adults that creates a peaceful state for the body and the mind. The class combines floor exercises with some standing & balancing poses.

STRENGTH & CONDITIONING

SUN SALUTE VINYASA FLOW YOGA

Warm-up with Victory/Ocean breath. Then move into traditional sun salute adding poses/sequences to the routine to make it a vinyasa flow. Breath work is used throughout the class in harmony with movement. Need to have previous experience with flow yoga. Not for beginners.

TABATA TRAINING

A HIIT training class: Intervals of high intensity cardio training & minimal rest to increase your metabolism, help you break through fitness plateaus & burn fat more effectively.

TEEN YOGA**TOTAL STRENGTH**

This multi-level class is for anyone who wants to develop muscular strength and endurance. We'll tackle basic resistance training exercises. This simple, easy-to-follow workout challenges every major muscle using a variety of equipment.

UFIT

An intense workout that combines cardio & strength training into a high-energy class; this class will get you fit using kettle bells, dumbbells, jump ropes, med balls, the Bosu & more with a fresh approach to getting strong and lean.

Upper body Shred – a 30 focus on toning, sculpting and strengthening the muscles of your upper body.

VINYASA FLOW - MIXED LEVEL

A yoga class for a mix of levels of yoga experience.

VINYASA FLOW YOGA

Links movement of yoga postures with breath to increase strength, flexibility & balance. This fluid and movement intensive class links one pose to another with music. Although modifications are offered, this class moves at a dynamic pace & incorporates sun salutations, standing poses, back bending & forward folding.

YOGALATES**ZUMBA®**

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Our goal is simple: We want you to love working out, and to get hooked.

ZUMBA® GOLD

The Zumba® Gold Fitness program was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The difference between Zumba Gold & Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun.