



Group Exercise Schedule

Somerset Hills YMCA–Riverwalk

Created: 1/18/2018

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
9:30 AM-10:15 AM	♥♥ Circuit Training	Jennifer	Group Exercise Room
9:30 AM-10:30 AM	♥ Gentle Yoga	Christine	Yoga Studio
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	Lynette	Group Exercise Room
4:30 PM-5:30 PM	Pilates	Bonnie	Yoga Studio
6:00 PM-7:00 PM	♥ Gentle Yoga	Shannon	Yoga Studio
6:00 PM-6:45 PM	Total Strength	Mary	Group Exercise Room
7:10 PM-8:10 PM	♥♥ Zumba®	Katie	Group Exercise Room

TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:30 AM-7:15 AM	Pilates and Core	Bonnie	Group Exercise Room
9:00 AM-10:00 AM	♥♥ Vinyasa Flow Yoga	Emily	Yoga Studio
9:15 AM-10:00 AM	Body Weight Blast	Jennifer	Group Exercise Room
10:15 AM-11:15 AM	Pilates	Jill	Group Exercise Room
10:15 AM-11:15 AM	Senior Yoga	Jan	Group Exercise Room
11:20 AM-12:20 PM	♥ Zumba® Gold	Jan	Group Exercise Room
5:30 PM-6:30 PM	♥♥ Cardio Intervals	Kim	Group Exercise Room
6:15 PM-7:15 PM	Vinyasa Flow - Mixed Level	Genevieve	Yoga Studio

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-11:10 AM	♥♥ Zumba®	Nancy	Group Exercise Room
11:15 AM-12:15 PM	Senior Yoga	Christine	Group Exercise Room
11:15 AM-12:15 PM	♥ AOA Conditioning	Jan	Group Exercise Room
4:30 PM-5:30 PM	On The Ball	Mary	Group Exercise Room
6:00 PM-7:00 PM	Vinyasa Flow - Mixed Level	Marilyn	Yoga Studio
6:00 PM-6:45 PM	Step & Sculpt	Basia	Group Exercise Room

THURSDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:45 AM	Strength & Conditioning	Stephanie	Group Exercise Room
9:00 AM-10:00 AM	♥♥ Sun Salute Vinyasa Flow Yoga	Mythri	Yoga Studio
9:00 AM-10:00 PM	Alignment Yoga	Patricia	Clarence Dillon Library
9:15 AM-10:00 AM	♥♥♥ H.I.I.T. Training	Julia	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	Kim	Group Exercise Room
6:15 PM-7:15 PM	♥ Teen Yoga	Marilyn	Yoga Studio
7:00 PM-7:45 PM	♥ Reiki/Meditation	Liz	Group Exercise Room

FRIDAY	CLASS	INSTRUCTOR	LOCATION
12:00 AM-12:00 AM	Mixed Level Yoga		Group Exercise Room
6:30 AM-7:15 AM	Pilates	Bonnie	Group Exercise Room
7:45 AM-8:45 AM	♥♥ Yogalates	Mary	Group Exercise Room
9:00 AM-9:45 AM	Bootcamp	Julia	Group Exercise Room
10:00 AM-10:45 AM	Total Strength	Paulene	Group Exercise Room
11:15 AM-12:00 PM	♥ AOA Conditioning	Lynne, SUB	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

SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:30 AM-9:30 AM	Cardio & Sculpt Circuit Training	SUB	Group Exercise Room

SATURDAY	CLASS	INSTRUCTOR	LOCATION
9:40 AM-10:25 AM	Pilates and Core	Christine	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	Vinyasa Flow - Mixed Level	Christine	Group Exercise Room
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	♥ Gentle Yoga	Jim H	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.

BOOTCAMP

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 YOGA

H.I.I.T. TRAINING

High Intensity Interval Training –45 minute class that high intensity and minimal rest. Using a variety of equipment & training techniques, this class will increase your metabolism, get you over fitness plateaus.

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.

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.

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.

STEP & SCULPT

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.

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.

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.