



Group Exercise Schedule

Somerset Hills YMCA-Mt. Airy

Created: 11/20/2017

Cards can be obtained at the Welcome Center 15 minutes prior to the start of class. If maximum number of participants is reached earlier, cards will be distributed then. Only one card will be handed out per person. Members cannot save cards for other members. Members cannot take a card and then leave the building.

Age requirement for group exercise classes is 13 years old.

KEY: ♥ Beginner ♥♥ Intermediate ♥♥♥ Advanced

MONDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	SPIN®	Patrick	Spin® Studio
6:00 AM-6:45 AM	Intense Interval Training	Jennifer	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Dan	Spin® Studio
8:00 AM-9:00 AM	♥♥ Barre	Lynne	Dance Studio
9:00 AM-9:45 AM	♥♥♥ Outdoor UFit	Michelle	Pavillion
9:15 AM-10:15 AM	Fluid Body Sculpt	Karen T.	Group Exercise 1
9:15 AM-10:15 AM	Fluid body sculpt	Karen T.	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Diana	Spin® Studio
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Elizabeth	Dance Studio
10:00 AM-10:45 AM	♥♥ TRX®	Lisa	Group Exercise 2
12:00 PM-12:45 PM	SPIN®	Donna	Spin® Studio
12:15 PM-1:15 PM	Zumba®	Daysi	Group Exercise 1
5:00 PM-5:45 PM	SPIN®	Griff	Spin® Studio
5:30 PM-6:20 PM	Zumba®	Lori	Group Exercise 1
6:00 PM-7:00 PM	♥♥ Barre	Wendy	Personal Training
6:00 PM-7:00 PM	SPIN®	Kerry	Spin® Studio
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
7:15 PM-8:00 PM	Mixed Level Spin	Len	Spin® Studio
7:35 PM-8:35 PM	cardio Kickboxing	Alex	Group Exercise 1
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-6:45 AM	♥♥ Interval Rope Training	Jennifer	Group Exercise 1
6:00 AM-7:00 AM	SPIN®	Patrick	Spin® Studio
8:00 AM-9:00 AM	SPIN®	Sue	Spin® Studio
8:00 AM-9:00 AM	Pilates	Jill	Dance Studio
8:00 AM-9:00 AM	♥♥ TRX/Kettlebell	Lisa	Personal Training
9:15 AM-10:15 AM	♥♥ Barre	Wendy	Group Exercise 2
9:15 AM-10:15 AM	SPIN®	Lisa	Spin® Studio
9:15 AM-10:15 AM	Power Pump	Lori	Group Exercise 1
9:30 AM-10:30 AM	♥♥ Vinyasa Flow Yoga	Catherine	Dance Studio
10:20 AM-10:50 AM	Pound	Wendy	Group Exercise 2
10:30 AM-11:15 AM	Kettlebell Training	Doug	Group Exercise 1
10:30 AM-11:30 AM	Spin/Strength	Paulene	Spin® Studio
11:00 AM-11:30 AM	♥ AOA	Ginny	Kinesis Room
11:30 AM-12:15 PM	LIVESTRONG® at the YMCA <i>session starts Sept 20th (cancelled on Thanksgiving)</i>	Jennifer, Sue	Group Exercise 1
11:45 AM-12:30 PM	Mixed Level Spin	Paulene	Spin® Studio
12:30 PM-1:30 PM	Zumba Gold	Zulma	Group Exercise 1
4:00 PM-4:45 PM	SPIN®	Justin	Spin® Studio
4:15 PM-5:00 PM	♥ Youth Fitness Classes	Joe	Group Exercise 1
5:15 PM-6:15 PM	♥ Pilates and Core	Bonnie	Group Exercise 1
5:30 PM-6:15 PM	SPIN®	Alex	Spin® Studio
6:00 PM-7:15 PM	LIVESTRONG® at the YMCA <i>session starts Sept 20th(cancelled on Thanksgiving)</i>	Ginny	Kinesis Room
6:15 PM-7:15 PM	♥♥ Vinyasa Flow Yoga	Pam	Dance Studio
6:30 PM-7:30 PM	Total Body Conditioning	Qaadir, Doug	Group Exercise 1
6:30 PM-7:30 PM	SPIN®	Wendy	Spin® Studio
6:45 PM-7:30 PM	♥♥ TRX®	Kim	Group Exercise 2
7:35 PM-8:35 PM	Zumba®	Chris	Group Exercise 1
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	SPIN®	Janet, SUB	Spin® Studio
6:00 AM-6:45 AM	♥♥ Bootcamp	Jennifer	Group Exercise 1

WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	T'ai Chi	Don	Dance Studio
8:00 AM-9:00 AM	Pilates	Bonnie	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Dan	Spin® Studio
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Emily	Dance Studio
9:15 AM-10:15 AM	Cardio Interval	Jennifer	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Liz	Spin® Studio
9:30 AM-10:15 AM	♥♥ TRX®	Diana	Group Exercise 2
10:00 AM-10:45 AM	♥♥ Outdoor Bootcamp	Beth	Pavillion
10:15 AM-10:45 AM	Stretch & Restore	Diana	Group Exercise 2
10:30 AM-11:15 AM	cardio Kickboxing <i>DEMO CLASS 11/1</i>	Zulma	Group Exercise 1
11:35 AM-12:35 PM	Pilates-mixed level	Bonnie	Group Exercise 1
12:00 PM-12:30 PM	H.I.I.T. Training	Linda	Group Exercise 2
12:00 PM-12:45 PM	SPIN®	Ginny	Spin® Studio
4:15 PM-5:00 PM	♥ Tween Yoga	Carrie	Group Exercise 1
4:30 PM-5:15 PM	SPIN®	Kerry	Spin® Studio
5:30 PM-6:15 PM	SPIN®	Kim	Spin® Studio
5:45 PM-6:25 PM	Pound	Wendy	Group Exercise 1
6:30 PM-7:15 PM	Total Strength	Alex	Personal Training
6:30 PM-7:30 PM	Zumba®	Anne, SUB	Group Exercise 1
6:45 PM-7:30 PM	SPIN®	Tony	Spin® Studio

THURSDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-6:30 AM	TRX Core	CANCELLED	Group Exercise 2
7:15 AM-8:00 AM	♥♥ Bootcamp	Jennifer	Group Exercise 1
7:30 AM-8:30 AM	SPIN®	Wendy	Spin® Studio
8:00 AM-9:00 AM	♥♥ Vinyasa Flow Yoga	Barbara, CANCELLED	Dance Studio
8:00 AM-8:45 AM	♥♥ TRX®	Lisa	Group Exercise 2
8:00 AM-9:00 AM	Pilates	Mary, CANCELLED	Group Exercise 1
8:45 AM-9:45 AM	SPIN®	Diana	Spin® Studio
8:45 AM-9:30 AM	Pound	Wendy	Group Exercise 1
9:00 AM-9:45 AM	♥♥ Outdoor Bootcamp	Michelle	Pavillion
9:15 AM-10:15 AM	♥♥ Barre	Wendy, CANCELLED	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Marilyn	Dance Studio
9:15 AM-10:15 AM	Step Interval	Karen T., CANCELLED	Group Exercise 1
9:30 AM-10:30 AM	Zumba®	Chris	Dance Studio
9:30 AM-11:00 AM	♥ Spin/ Yoga	Beth, Michelle, CANCELLED	Spin® Studio
10:00 AM-10:45 AM	♥♥ Interval Rope Training	Malcolm	Group Exercise 2
10:20 AM-11:00 AM	♥ Intro to Barre	Sue, Catherine	Group Exercise 1
10:30 AM-11:30 AM	Spin/Core	Wendy	Spin® Studio
10:50 AM-11:50 AM	♥ AOA	CANCELLED	Dance Studio
11:30 AM-12:15 PM	LIVESTRONG® at the YMCA <i>session starts Sept 20th</i>	Lisa, Sue	Group Exercise 1
11:45 AM-12:30 PM	Mixed Level Spin	Drew	Spin® Studio
12:30 PM-1:30 PM	♥ Chair yoga	Emily, starts on 9/21	Group Exercise 1
4:15 PM-5:00 PM	♥ Youth Fitness Classes	Joe	Group Exercise 1
5:30 PM-6:15 PM	Body Weight Resistance	Lori	Group Exercise 1
6:00 PM-7:00 PM	Mixed level Yoga	Jim	Dance Studio
6:00 PM-7:15 PM	LIVESTRONG® at the YMCA <i>sesssion starts Sept 20th</i>	Ginny	Kinesis Room
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
6:45 PM-7:30 PM	♥♥ TRX®	Jordana	Group Exercise 2
7:35 PM-8:35 PM	Zumba®	Danielle	Group Exercise 1
10:00 PM-10:45 AM	SPIN®	Kim T.	Spin® Studio

FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-5:45 AM	♥♥ TRX® <i>cancelled, 11/17</i>	CANCELLED	Group Exercise 2
5:45 AM-6:45 AM	SPIN®	CANCELLED	Spin® Studio
6:00 AM-6:45 AM	Total Strength	Jennifer	Group Exercise 1
7:00 AM-7:45 AM	H.I.I.T. Training	Jennifer	Group Exercise 1
7:45 AM-8:45 AM	SPIN®	Hilarie	Spin® Studio
8:00 AM-8:45 AM	♥♥ Interval Rope Training	Lisa	Group Exercise 1
8:00 AM-9:00 AM	♥ Senior Yoga	Mythri, SUB	Dance Studio
9:00 AM-9:25 AM	ABSolutely Core	Jennifer	Group Exercise 1
9:10 AM-10:10 AM	♥♥ Vinyasa Flow Yoga	Sarah, SUB	Dance Studio

Somerset Hills YMCA-Mt. Airy
140 Mt. Airy Road, Basking Ridge, NJ 07920
P 908 766 7898 **F**

For more information, please contact:
908 766 7898

FRIDAY	CLASS	INSTRUCTOR	LOCATION
9:15 AM-10:15 AM	SPIN®	Diana	Spin® Studio
9:15 AM-10:00 AM	♥♥ Outdoor Bootcamp	Julia	Pavillion
9:30 AM-10:25 AM	Total Body Conditioning	Jennifer	Group Exercise 1
10:30 AM-11:30 AM	♥♥ TRX®	Beth	Group Exercise 2
10:30 AM-11:30 AM	Barbell Strength	Stephanie	Group Exercise 1
12:00 PM-1:00 PM	Zumba®	Zulma	Group Exercise 1
12:00 PM-12:45 PM	SPIN®	Beth	Spin® Studio
5:00 PM-5:45 PM	SPIN®	Kerry	Spin® Studio
5:30 PM-6:20 PM	Step Interval	Basia	Group Exercise 1
6:00 PM-6:45 PM	SPIN®	Len	Spin® Studio
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:00 AM-8:00 AM	SPIN®	Kathie	Spin® Studio
7:45 AM-8:45 AM	♥♥ 20/20/20	Colleen	Group Exercise 1
8:00 AM-9:00 AM	Hip Hop Cardio Dance	Alex	Personal Training
8:00 AM-9:00 AM	♥♥ Vinyasa Flow Yoga	Christine	Dance Studio
8:30 AM-9:30 AM	SPIN®	Patrick	Spin® Studio
9:00 AM-10:00 AM	Power Pump	Lori	Group Exercise 1
9:15 AM-10:15 AM	♥♥ TRX®	Kim	Group Exercise 2
10:15 AM-11:00 AM	♥♥ Interval Rope Training	Malcolm	Personal Training
10:15 AM-11:15 AM	Zumba®	Tina	Group Exercise 1
10:15 AM-11:00 AM	SPIN®	Kim T.	Spin® Studio
12:00 PM-12:45 PM	♥ Intro/Beginner SPIN® <i>Meets 1st Saturday of the month</i>	Ginny, meets 1st Sat of	Spin® Studio
12:30 PM-1:30 PM	Prenatal Yoga <i>cancelled on Nov. 4th</i>	Emily	Dance Studio
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	♥♥ Bootcamp	Beth	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Liz	Spin® Studio
8:30 AM-9:30 AM	Pilates	Bonnie	Dance Studio
9:15 AM-10:15 AM	Strength & Conditioning	Paulene	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Wendy	Spin® Studio
10:30 AM-11:30 AM	Zumba®	Alex	Group Exercise 1
10:30 AM-11:30 AM	♥♥ Vinyasa Flow Yoga	Jim	Dance Studio
11:00 AM-12:00 PM	Spin/TRX	Kim	Spin® Studio

CLASS DESCRIPTIONS

20/20/20

20 minutes of cardio, 20 minutes of strength and 20 minutes of core.\

And lots of fun!

ABSOLUTELY CORE

30 minute core class

AOA

Classes for the Active Older Adult that will incorporate exercise to enhance strength and balance.

BARBELL STRENGTH

Come and learn to techniques of strength training with a barbell. You will learn an array of lifting techniques to help you reach your strength training goals.

BARRE

Students have taken Barre Basics techniques. This class provides a great work out using a ballet bar for strength and toning exercises.

BODY WEIGHT RESISTANCE

PiYo and Willpower & Grace has now become Bodyweight Resistance Training. BRT is [strength training exercises](#) that do not require [free weights](#) or machines as the individual's own [weight](#) provides resistance against gravity. Bodyweight exercises work on strength, power, endurance, speed, flexibility, coordination and balance.[2] This type of training has grown in popularity for both recreational and professional athletes, with a range of sports disciplines using bodyweight resistance training as part of their fitness programs.

BOOTCAMP

CARDIO INTERVAL

This class will use segments of cardio and strength training to get a full body workout in 60 minutes.

CARDIO KICKBOXING

Cardio Kickboxing - this class is a combination of cardio, boxing and martial arts providing a total body conditioning aimed to improve strength, aerobic fitness, speed, flexibility and balance.

CHAIR YOGA

Want to practice yoga but worry it's not possible for you? Try chair yoga! Chair yoga is perfect for people with balance issues, joint issues and or mobility restrictions. Stretch and strengthen safely in a welcoming environment

FLUID BODY SCULPT

FLUID BODY SCULPT

H.I.I.T. TRAINING

HIP HOP CARDIO DANCE

A cardio dance class that will use choreographed hip hop moves to get you moving and burn those calories all while you are having a great time!

INTENSE INTERVAL TRAINING

A high Intensity, total body workout designed to target all major muscle groups while keeping your heart rate elevated.

INTERVAL ROPE TRAINING

An Interval training class where battling ropes are the star. Alternate between cardio and strength training exercises to increase power, endurance and cardiovascular fitness, all while have a great time!

INTRO TO BARRE

This intro class will give the fundamentals of the barre program, and show you how to make your progression.

INTRO/BEGINNER SPIN®

This introduction to Spin class meets the first Saturday of the month at 11:00am.

Taught by a level 3 Spin Instructor.

You will learn bike set up, the basics of the spinning program, terminology and correct form.

You will also learn about the different rides in the Spinning program, and the benefits of spinning

KETTLEBELL TRAINING

Cardio and Strength Training using Kettlebells.

Learn correct form and technique.

LIVESTRONG® AT THE YMCA

LIVESTRONG participants only.

MIXED LEVEL SPIN

MIXED LEVEL YOGA

Links movement of postures with breath to increase strength, flexibility & balance. This fluid & movement intensive class links one pose to another with music.

OUTDOOR BOOTCAMP

Classes Run July 10th through August 18th.

A bootcamp class that has gone outside at Harry Dunham park. Open to members and non members with a signed waiver - ages 14 and up.

OUTDOOR UFIT

Ufit - An intense workout of cardio & strength training; this class will get Ufit using kettle bells, dumbbells, jump ropes, med balls, the Bosu & more with a fresh approach to getting strong & lean.

This class will be held outside only weather permitting. If it is not outside it will be held in GX2.

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 & 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.

PILATES-MIXED LEVEL

POUND

Drum to the beat of the POUND class! And this exactly what you do! Using drumsticks to drum to the beat of great music to tone and strengthen your core, legs and butt.

POWER PUMP

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

PRENATAL YOGA

SENIOR YOGA

This gentle class is geared for older adults to create a peaceful state for the body and the mind. Combines floor exercises with some standing & balancing poses.

SPIN/ YOGA

30 min in Spin 30 min Yoga

SPIN/CORE

30 min Spin followed by 30 min of core work

SPIN/STRENGTH

Spin Fusion - 30 minutes of Spin 30 minutes of strength

SPIN/TRX

30 min Spin followed by 30 min of TRX

SPIN@

Class taught on a stationary bike, utilizing cadence, resistance, and various cycling positions in this cardio pumping environment.

STEP INTERVAL

Intervals of high intensity step choreography and athletic movements combined with weighted exercises and abdominal work. This class is a complete work out.

STRENGTH & CONDITIONING

A mixed bag of weights, bars and bands for a total body work out with emphasis on the legs & glutes.

STRETCH & RESTORE

T'AI CHI

An Ancient Chinese martial & healing art. Most obviously characterized by the slow motion manner in which it's choreographed movement patterns are carried out, T'ai Chi is more accurately defined by its attention to correct body alignment and structural detail. The efficient transfer of force reduces stress on both the body & the mind.

TOTAL BODY CONDITIONING

Total body conditioning, this class incorporates muscular endurance and cardio segments using your bodyweight and dumbbells. Taught by a master instructor!

TOTAL STRENGTH

TRX CORE

TRX/KETTLEBELL

TRX Kettlebell will be a fusion of TRX and Kettlebell moves.

Must have a working knowledge of TRX and Kettlebell.

TRX@

Suspension training body weight exercises. The class will be conducted in small groups, facilitated by a certified TRX® instructor, a 30 min. THIS CLASS IS FREE! (private training is available)

TWEEN YOGA

Tween Yoga - Yoga for kids 8-12 years old

VINYASA FLOW YOGA

This yoga class will connect movement with breath. Students will flow through yoga postures with great music. Increase strength & flexibility while calming the nervous system & relaxing the mind.

YOUTH FITNESS CLASSES

Youth fitness classes 45 minutes of cardio and body weight conditioning.

Tuesday 10-14

Wed - yoga 8-12

Thurs 10-14

ZUMBA GOLD**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.

For more information please contact Lisa Pensabene at 908 766 7898 x548.