



Group Exercise Schedule

Somerset Hills YMCA-Mt. Airy

Created: 7/27/2017

Cards can be obtained at the Welcome Center 30 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

MONDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-6:45 AM	Intense Interval Training	Jennifer, Linda	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Dan	Spin® Studio
8:00 AM-9:00 AM	♥♥ Barre	Lynne	Dance Studio
8:30 AM-9:00 AM	Core Training **SUB**	Linda	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Kim	Spin® Studio
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Jenn	Dance Studio
9:15 AM-10:15 AM	Fluid body sculpt **SUB**	Linda	Group Exercise 1
9:15 AM-10:15 AM	Fluid Body Sculpt	Karen T.	Group Exercise 1
9:30 AM-10:30 AM	♥♥ Outdoor Bootcamp <i>Classes run from July 10th -August 18th</i>	Beth	Dunham Park - lower
10:00 AM-11:00 AM	TRX Combos	Paulene	Personal Training
12:00 PM-12:45 PM	SPIN®	Donna	Spin® Studio
12:00 PM-1:00 PM	Zumba®	Daysi	Group Exercise 1
5:30 PM-6:15 PM	SPIN®	Kerry	Spin® Studio
5:30 PM-6:20 PM	Zumba®	Lori	Group Exercise 1
6:00 PM-7:00 PM	♥♥ Barre	Wendy	Personal Training
6:15 PM-7:15 PM	♥♥ Vinyasa Flow Yoga	Pam	Dance Studio
6:30 PM-7:30 PM	Power Pump	Kim	Group Exercise 1
7:00 PM-7:45 AM	SPIN®	Len	Spin® Studio
7:35 PM-8:35 PM	cardio Kickboxing <i>New Class</i>	Alex	Group Exercise 1
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:00 AM	SPIN®	Patrick	Spin® Studio
6:00 AM-6:45 AM	♥♥ Interval Rope Training	Jennifer	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Sue	Spin® Studio
8:00 AM-9:00 AM	Pilates	Jill	Group Exercise 1
8:00 AM-9:00 AM	♥♥ TRX/Kettlebell	Lisa	Personal Training
9:15 AM-10:15 AM	SPIN®	Lisa	Spin® Studio
9:15 AM-10:15 AM	Power Pump **SUB**	Lynne	Group Exercise 1
9:30 AM-11:00 AM	♥♥ Barre	Wendy	Personal Training
9:30 AM-10:30 AM	♥♥ Vinyasa Flow Yoga	Catherine	Dance Studio
10:30 AM-11:30 AM	♥♥ TRX/Spin Fusion	Paulene	Personal Training
11:00 AM-11:45 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	♥ Beginner SPIN®	Paulene	Spin® Studio
4:00 PM-4:45 PM	SPIN®	Justin	Spin® Studio
5:15 PM-6:15 PM	♥ Pilates and Core	Bonnie	Group Exercise 1
5:30 PM-6:15 PM	SPIN® **SUB**	Tony	Spin® Studio
6:00 PM-7:15 PM	LIVESTRONG® at the YMCA <i>session starts Sept 20th(canceled on Thanksgiving)</i>	Ginny	Kinesis Room
6:30 PM-7:30 PM	Total Body Conditioning	Qadir	Group Exercise 1
6:30 PM-7:30 PM	SPIN®	Wendy	Spin® Studio
6:45 PM-7:30 PM	TRX Combos	Doug	Personal Training
7:35 PM-8:35 PM	Zumba®	Katie	Group Exercise 1
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	SPIN®	Bonnie	Spin® Studio

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WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:00 AM	♥♥ Vinyasa Flow Yoga	Genevieve	Dance Studio
6:00 AM-6:45 AM	♥♥ Bootcamp	Jennifer	Group Exercise 1
8:00 AM-9:00 AM	Pilates	Bonnie	Group Exercise 1
8:00 AM-9:00 AM	T'ai Chi	Don	Dance Studio
8:00 AM-9:00 AM	SPIN®	Dan	Spin® Studio
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga **SUB**	Mary	Dance Studio
9:15 AM-10:15 AM	SPIN® **SUB**	Paulene	Spin® Studio
9:30 AM-10:30 AM	Cardio Interval	Jennifer	Group Exercise 1
9:30 AM-10:30 AM	♥♥ Outdoor Bootcamp	Doug	Dunham Park - lower
9:30 AM-10:15 AM	♥♥ TRX®	Diana	Personal Training
10:30 AM-11:25 AM	cardio Kickboxing	Qadir	Group Exercise 1
11:35 AM-12:35 PM	Pilates-mixed level	Bonnie	Group Exercise 1
12:00 PM-12:45 PM	SPIN®	Ginny	Spin® Studio
5:30 PM-6:15 PM	SPIN® **SUB**	Deb	Spin® Studio
5:45 PM-6:25 PM	Pound	Wendy	Group Exercise 1
6:30 PM-7:30 PM	Zumba®	Raul	Group Exercise 1
7:00 PM-7:45 PM	SPIN®	Kerry	Spin® Studio
THURSDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:00 AM	SPIN®	Dave	Spin® Studio
6:00 AM-6:30 AM	TRX Core	Jennifer	Personal Training
8:00 AM-9:00 AM	♥♥ Vinyasa Flow Yoga	Barbara	Dance Studio
8:00 AM-9:00 AM	Pilates	Jill	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Lisa	Spin® Studio
9:15 AM-10:15 AM	SPIN® **SUB**	Megan	Spin® Studio
9:15 AM-10:15 AM	Zumba®	Tina	Dance Studio
9:15 AM-10:15 AM	Step Interval	Karen T.	Group Exercise 1
9:30 AM-10:30 AM	♥♥ Barre **SUB**	Sue	Personal Training
10:40 AM-11:20 AM	♥ Intro to Barre	Sue	Personal Training
10:50 AM-11:50 AM	♥ AOA <i>cancelled on 11/24</i>	Jan	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	♥ Beginner SPIN®	Drew	Spin® Studio
4:00 PM-4:45 PM	SPIN®	Justin	Spin® Studio
5:30 PM-6:15 PM	PiYo Warrior Sculpt	Lori	Group Exercise 1
5:30 PM-6:15 PM	SPIN® **SUB**	Justin	Spin® Studio
6:00 PM-7:15 PM	LIVESTRONG® at the YMCA <i>session starts Sept 20th</i>	Ginny	Kinesis Room
6:00 PM-7:00 PM	Mixed level Yoga **SUB** 7/13 & 7/20	Marilyn	Dance Studio
6:30 PM-7:30 PM	SPIN®	Erica	Spin® Studio
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
6:45 PM-7:30 PM	♥♥ TRX®	Kim B.	Personal Training
7:35 PM-8:35 PM	Zumba®	Danielle	Group Exercise 1
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-5:45 AM	♥♥ TRX®	Kim	Personal Training
5:45 AM-6:45 AM	SPIN®	Deb	Spin® Studio
6:00 AM-6:45 AM	Total Strength	Jennifer	Group Exercise 1
7:45 AM-8:45 AM	SPIN®	Hilarie	Spin® Studio
8:00 AM-9:00 AM	♥ Senior Yoga	Jan	Dance Studio
9:00 AM-9:25 AM	ABSolutely Core	Jennifer	Group Exercise 1
9:10 AM-10:10 AM	♥♥ Vinyasa Flow Yoga	Elizabeth	Dance Studio
9:15 AM-10:15 AM	SPIN® **SUB**	Bonnie	Spin® Studio
9:30 AM-10:30 AM	♥♥ Outdoor Bootcamp	Julia	Dunham Park - lower
9:30 AM-10:25 AM	Total Body Conditioning **SUB**	Qadir	Group Exercise 1

FRIDAY	CLASS	INSTRUCTOR	LOCATION
10:30 AM-11:30 AM	♥♥ TRX/Spin Fusion	Beth	Personal Training
12:00 PM-1:00 PM	Zumba®	Zulma	Group Exercise 1
5:30 PM-6:15 PM	SPIN® **SUB**	Erica	Spin® Studio
6:30 PM-7:30 PM	Zumba®	Raul	Group Exercise 1
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:00 AM-8:00 AM	SPIN® **SUB**	Megan	Spin® Studio
7:45 AM-8:45 AM	♥♥ 20/20/20 **SUB**	Doug	Group Exercise 1
8:00 AM-9:00 AM	Hip Hop Cardio Dance **SUB**	Lynette	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 **SUB**	Lauren	Group Exercise 1
9:15 AM-10:00 AM	♥♥ TRX combos	Beth	Personal Training
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® **SUB**	Erica	Spin® Studio
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	♥♥ Bootcamp **SUB**	Jordana	Group Exercise 1
8:30 AM-9:30 AM	Pilates	Bonnie	Dance Studio
9:00 AM-10:00 AM	SPIN®	Donna	Spin® Studio
9:15 AM-10:15 AM	Mixed Bag	Jennifer	Group Exercise 1
9:15 AM-10:15 AM	Step Interval	Basia	Group Exercise 1
10:15 AM-11:15 AM	♥♥ Vinyasa Flow Yoga	Neeru	Dance Studio
10:30 AM-11:30 AM	Zumba®	Alex	Group Exercise 1

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.

BARRE

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

BEGINNER SPIN®

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

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.

CORE TRAINING

Develop strength and stability in the body's core, which translates to more cycling power, improved balance & enhanced functional movement. This class will include: posture, breathing, mat and stability ball.

FLUID BODY SCULPT

FLUID BODY SCULPT

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.

LIVESTRONG® AT THE YMCA

LIVESTRONG participants only.

MIXED BAG

A class with a touch of everything from strength, cardio, core, flexibility and balance.

Each instructor will bring their own flavor to this class.

Come and try something new!

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.

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

PIYO WARRIOR SCULPT

PiYo Warrior Sculpt - Engage your mind and BODY using sun salutations, plyometric hops and lunges, balance and strength poses, twisting and lengthening positions, and more. Bare feet and bodyweight is all that's required to help build strength, stamina, core strength and a stronger you.

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.

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®

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.

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 COMBOS

TRX COMBOS

Class hold up to 24 people, come and give it a try

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/SPIN FUSION

TRX/Spin Fusion

Is an interval class using Intervals of TRX and Spin. 2 Instructors, double the fun! and double the workout!.

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)

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.

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.