



# Group Exercise Schedule

## Somerset Hills YMCA-Mt. Airy

Created: 1/18/2018

# 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

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
8:30 AM-9:00 AM	Core Training	Diana	Group Exercise 1
9:00 AM-9:45 AM	♥♥ Ufit	Michelle	Group Exercise 2
9:15 AM-10:15 AM	Fluid body sculpt	Karen T.	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Elizabeth	Dance Studio
9:15 AM-10:15 AM	SPIN®	Diana	Spin® Studio
10:00 AM-10:45 AM	♥♥ TRX®	Ifa	Group Exercise 2
10:20 AM-11:05 AM	♥ Intro to Yoga	Elizabeth	Dance Studio
10:30 AM-11:15 AM	Butts and Guts!!	Linda	Group Exercise 1
12:00 PM-12:45 PM	SPIN®	Donna	Spin® Studio
12:00 PM-1:00 PM	Zumba®	Daysi	Group Exercise 1
4:15 PM-5:00 PM	Mindfulness for Teens	Christina	Group Exercise 1
4:15 PM-5:00 PM	♥ Mindfulness for Teens	Christina	Group Exercise 1
5:00 PM-5:45 PM	SPIN®	Griff	Spin® Studio
5:30 PM-6:20 PM	LaBlast	Chris	Group Exercise 1
6:00 PM-6:45 PM	SPIN®	Kerry	Spin® Studio
6:00 PM-7:00 PM	♥♥ Barre	Wendy	Personal Training
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
7:15 PM-8:00 PM	Mixed Level Spin	Len	Spin® Studio
7:15 PM-8:00 PM	Mixed Level Spin	Len	Spin® Studio
7:30 PM-8:30 PM	cardio Kickboxing	Alex	Group Exercise 1
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:30 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	♥♥ TRX/Kettlebell	Lisa	Group Exercise 2
8:00 AM-9:00 AM	Pilates	Jill	Dance Studio
9:15 AM-10:15 AM	SPIN®	Lisa	Spin® Studio
9:15 AM-10:15 AM	♥♥ Barre	Wendy	Group Exercise 2
9:15 AM-10:15 AM	Power Pump	Lori	Group Exercise 2
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-11:30 AM	Spin/Strength	Kim B.	Spin® Studio
10:30 AM-11:15 AM	Kettlebell Training	Doug	Group Exercise 2
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 2
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 2
5:30 PM-6:15 PM	SPIN®	Alex	Dance 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	Doug	Group Exercise 2
6:30 PM-7:30 PM	SPIN®	Wendy	Spin® Studio
6:45 PM-7:30 PM	♥♥ TRX®	Ifa	Group Exercise 2
7:35 PM-8:35 PM	Zumba®	Chris	Group Exercise 2

<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:45 AM-6:45 AM	SPIN®	Bonnie	Spin® Studio
6:00 AM-6:45 AM	♥♥ Bootcamp	Jennifer	Group Exercise 2
8:00 AM-9:00 AM	Pilates	Bonnie	Group Exercise 2
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	Cardio Interval	Jennifer	Group Exercise 2
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Rob	Dance Studio
9:15 AM-10:15 AM	SPIN®	Liz	Spin® Studio
9:30 AM-10:15 AM	♥♥ TRX®	Diana	Group Exercise 2
10:15 AM-10:30 AM	Stretch & Restore	Diana	Group Exercise 2
10:30 AM-11:15 AM	Core De Force	Zulma	Group Exercise 2
11:35 AM-12:35 PM	Pilates-mixed level	Bonnie	Group Exercise 2
12:00 PM-12:45 PM	SPIN®	Sarah	Spin® Studio
4:15 PM-5:00 PM	♥ Tween Yoga	Carrie	Group Exercise 1
4:30 PM-5:15 PM	SPIN®	Kim B.	Spin® Studio
5:30 PM-6:15 PM	SPIN®	Kim T.	Spin® Studio
5:45 PM-6:25 PM	Pound	Wendy	Group Exercise 1
6:30 PM-7:15 PM	Total Strength	Alex	Group Exercise 2
6:35 PM-7:35 PM	Zumba®	Katie	Group Exercise 2
6:45 PM-7:30 PM	SPIN®	Tony	Spin® Studio
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
6:00 AM-7:00 AM	SPIN®	Dave	Spin® Studio
6:00 AM-6:30 AM	TRX Core	Jennifer	Group Exercise 2
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	Zumba®	Tina	Dance Studio
9:15 AM-10:15 AM	♥♥ Barre	Wendy	Group Exercise 2
9:15 AM-10:15 AM	Step Interval	Karen T.	Group Exercise 1
9:30 AM-11:00 AM	♥ Spin/ Yoga	Beth, Michelle	Spin® Studio
10:20 AM-11:00 AM	♥ Intro to Barre	Sue	Group Exercise 1
10:50 AM-11:50 AM	♥ AOA	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	Mixed Level Spin	Drew	Spin® Studio
12:30 PM-1:30 PM	♥ Chair yoga	Emily	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
5:30 PM-6:15 PM	SPIN®	Len	Spin® Studio
5:30 PM-6:15 PM	Body Weight Resistance	Lori	Group Exercise 1
6:00 PM-7:15 PM	LIVESTRONG® at the YMCA <i>sesssion starts Sept 20th</i>	Ginny	Kinesis Room
6:00 PM-7:00 PM	Mixed level Yoga	Jim	Dance Studio
6:30 PM-7:30 PM	SPIN®	Danielle	Spin® Studio
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
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:15 AM-5:45 AM	♥♥ TRX®	Kim B.	Group Exercise 2
5:45 AM-6:45 AM	SPIN®	SUB	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-8:45 AM	♥♥ Interval Rope Training	Lisa	Group Exercise 1
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	Jan	Dance Studio
9:15 AM-10:15 AM	SPIN®	Diana	Spin® Studio
9:30 AM-10:25 AM	Total Body Conditioning	Jennifer	Group Exercise 1
9:30 AM-10:30 AM	Country Heat!	Kim B.	Group Exercise 2
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-12:45 PM	SPIN®	Beth	Spin® Studio
12:00 PM-1:00 PM	Zumba®	Zulma	Group Exercise 1
5:00 PM-5:45 PM	SPIN®	Kerry	Spin® Studio

**Somerset Hills YMCA-Mt. Airy**  
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For more information, please contact:  
908 766 7898

<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:45 PM-6:30 PM	Step Interval	Basia	Group Exercise 1
6:00 PM-6:45 PM	SPIN®	Len	Spin® Studio
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
12:00 AM-12:00 AM	♥♥ TRX/Spin Fusion		Dance Studio
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-10:00 AM	♥♥ TRX®	Kim B.	Group Exercise 2
10:15 AM-11:00 AM	♥♥ Interval Rope Training	Malcolm	Personal Training
10:15 AM-11:15 AM	Zumba®	Danielle	Dance Studio
10:15 AM-11:00 AM	SPIN®	Kim T.	Spin® Studio
12:00 PM-12:45 PM	♥ Intro/Beginner SPIN® <i>meet every Saturday in January</i>	Ginny	Spin® Studio
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:00 AM-9:00 AM	♥♥ Bootcamp	Beth	Group Exercise 2
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	SPIN®	Wendy	Spin® Studio
9:15 AM-10:15 AM	Strength & Conditioning	Paulene	Group Exercise 1
10:30 AM-11:30 AM	♥♥ Vinyasa Flow Yoga	Neeru	Dance Studio
10:30 AM-11:30 AM	Zumba®	Alex	Group Exercise 2
11:00 AM-12:00 PM	Spin/TRX	Kim	Spin® Studio

## CLASS DESCRIPTIONS

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### **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**

### **BUTTS AND GUTS!!**

A 45 minutes class that focuses on the legs, glutes and core!

### **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

### **CORE DE FORCE**

Kick boxing and body weight class

### **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.

### **COUNTRY HEAT!**

Dance inspired class to Country music, come and have some fun in this choreographed dance class.

### **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.

### **INTRO TO YOGA**

### **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.

## **LABLAST**

LaBlast is dance inspired class that brings ballroom dance to the group exercise. Come and try what everyone is talking about.

## **LIVESTRONG® AT THE YMCA**

LIVESTRONG participants only.

## **MINDFULNESS FOR TEENS**

Help kids regulate their emotions, decrease stress and anxiety, and enhance feelings of calmness. Mindfulness will reduce negative self talk, and cultivate great self acceptance, develop better social relationships and attitudes.

## **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.

## **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.

## **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 m in Spin 30 min Yoga

## **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/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)

**TWEEN YOGA**

Tween Yoga - Yoga for kids 8-12 years old

**UFIT****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.