



# Group Exercise Schedule

## Somerville YMCA

Created: 8/19/2017

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

\$ There is a fee for these classes. Registration in advance is required at the Welcome Center.

**KEY:** ♥ Beginner ♥♥ Intermediate

MONDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:00 AM	Vinyasa Yoga	Michele	Room 10
7:15 AM-8:15 AM	Taichi Easy	Michele	AP Room
9:30 AM-10:25 AM	Cardio Boot Camp	Laura K.	AP Room
10:30 AM-11:30 AM	Y Cycle	Lisa L.	Cycling Studio
10:30 AM-10:55 AM	Core Training	Laura K.	AP Room
11:00 AM-12:00 PM	Functional Fitness	Laura K.	AP Room
12:00 PM-2:00 PM	Pickleball		Gym (Half)
4:45 PM-5:30 PM	Youth Boot Camp	Laura K.	Room 10
6:30 PM-7:25 PM	Zumba®	Erica	AP Room
7:30 PM-8:15 PM	♥♥ Interval Training	Meryem	AP Room
8:20 PM-9:45 PM	Aikido \$	Peter	AP Room
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
7:30 AM-8:25 AM	Core Training	Valeria	AP Room
8:30 AM-9:15 AM	Y Cycle	Valeria	Cycling Studio
9:30 AM-10:25 AM	Kick-Boxing	Jennifer	AP Room
10:30 AM-11:30 AM	Zumba®	Mara	AP Room
11:00 AM-12:00 PM	Functional Fitness	Lisa L.	Room 10
4:00 PM-4:45 PM	Youth Boxing	Matt	Room 10
5:30 PM-6:25 PM	Y Cycle	Beth	Cycling Studio
6:00 PM-6:45 PM	♥♥ Yogalates	Carolyn	Room 10
7:00 PM-7:30 PM	TRX	Ray	AP Room
7:30 PM-8:25 PM	Step	Ray	AP Room
7:30 PM-9:30 PM	Open Volleyball		Gym (Half)
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	Strength Interval	Jennifer	AP Room
7:30 AM-8:15 AM	Y Cycle	Valeria	Cycling Studio
9:30 AM-10:30 AM	TRX	Valeria	AP Room
10:30 AM-11:30 AM	Strength Interval	Matt	AP Room
1:00 PM-3:00 PM	Pickleball		Gym (Half)
6:30 PM-7:30 PM	Zumba®	Erica	Room 10
6:30 PM-7:30 PM	Cardio/Strength Interval	Vandana	AP Room
7:30 PM-8:30 PM	♥♥ Yoga Fusion	Vandana	AP Room
THURSDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
7:30 AM-8:25 AM	Core Training	Valeria	Room 10
9:30 AM-10:25 AM	Strength Interval	Doug	AP Room
10:30 AM-11:30 AM	Zumba®	Mara	AP Room
10:30 AM-11:15 AM	♥ Chair Yoga	Shalini	Room 10
5:30 PM-6:25 PM	Vinyasa Yoga	Lori	Room 10
5:30 PM-6:30 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:25 PM	Strength Interval	Doug	AP Room
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:30 AM	♥♥ Cardio Bootcamp	Jennifer	AP Room
9:30 AM-10:25 AM	Pilates	Denel	Room 10
9:30 AM-10:25 AM	Kick-Boxing	Matt	AP Room
10:30 AM-11:00 AM	Y Cycle	Denel	Room 2
10:30 AM-11:00 AM	Core Training	Matt	Room 10
11:00 AM-11:55 AM	Functional Fitness	Lisa L.	AP Room
1:00 PM-3:00 PM	Pickleball		Gym (Half)
7:30 PM-9:30 PM	Badminton		AP Room

**Somerville YMCA**  
 2 Green Street, Somerville, NJ 08876  
 P 908 722 4567 F

For more information, please contact:  
 908 722 4567

<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:00 AM-8:45 AM	Y Cycle <i>Instructors alternate</i>	Tony	Cycling Studio
9:00 AM-10:00 AM	Yoga	Pallavi	AP Room
10:30 AM-11:30 AM	Family Tae-Kwon-Do \$	Irving, Roger	AP Room
4:30 PM-7:30 PM	Badminton		AP Room
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:15 AM-10:15 AM	Yoga	Carolyn	AP Room
9:30 AM-12:00 PM	Open Volleyball		Gym (Half)
10:30 AM-11:30 AM	♥♥ Interval Training	Matt	AP Room
1:30 PM-3:30 PM	Badminton		AP Room

## CLASS DESCRIPTIONS

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### **AIKIDO \$**

Aikido can be practiced by men, women, and children of all ages. Increased stamina, flexibility, and muscle development occur naturally as a result of training, but the techniques themselves

Member \$110 | Non-member \$175

### **BADMINTON**

Open badminton court. Bring your racket, meet new people and have fun!

### **CARDIO BOOT CAMP**

Cardiovascular, Resistance Based exercises all in one class, great instructor, high energy music and an upbeat atmosphere. Invite a friend for a fun full body workout that will keep you coming back for more.

### **CARDIO BOOTCAMP**

### **CARDIO/STRENGTH INTERVAL**

A full body workout designed to strengthen both heart and body through intervals of strength and cardio training.

### **CHAIR YOGA**

**Chair yoga** is a gentle form of **yoga** that is practiced sitting on a **chair**, or standing using a **chair** for support.

### **CORE TRAINING**

Train your entire core area including abs and back muscles. Working these areas provides strength, stabilization, and improved posture.

### **FAMILY TAE-KWON-DO \$**

Tae kwon do families gain physical fitness, mental strength, self-confidence and self-esteem.

### **FUNCTIONAL FITNESS**

By strength training, stretching, and balance exercises, you can slow down the aging process as well as perform your daily activities easier. Geared toward mature adults who are making health and fitness a top priority, everyone is welcome to join this class.

### **INTERVAL TRAINING**

This resistance training class includes upper body, lower body, and core exercises, performed in a interval format.

### **KICK-BOXING**

Cardio kickboxing is a popular workout. Combo of dance and martial arts. Punch, kick, block your way through a fun, challenging cardiovascular workout.

### **OPEN VOLLEYBALL**

Open Volleyball 13 years old and up

### **PICKLEBALL**

Pickleball 13 years old and Up

### **PILATES**

This mat-based class strengthens and tones muscles, improve postures, provides flexibility and balance, and unites body and mind. (All Levels)

### **STEP**

Put your best foot forward with an aerobic workout that will build stamina and burn fat through basic athletic and aerobic routines using platforms. You'll be energized in this dynamic group atmosphere, powerful music and motivating instructors.

### **STRENGTH INTERVAL**

Work all your muscle groups using dumb-bells, bands, stability ball with burst of High Intensity training. This non-stop class will strengthen tone and will help improve cardiovascular.

### **TAICHI EASY**

Tai Chi Easy™ is, as Harvard calls "meditation in motion". Tai Chi Easy™ practices slow movements and mindset of Tai Chi to manage stress levels, by creating a heightened sense of self awareness, mindfulness, empowerment and choice

### **TRX**

TRX suspension training uses body weight exercises to develop strength, balance, flexibility, and core stability.

### **VINYASA YOGA**

Flow from one pose into the next, providing meditative movement that focuses on flexibility, balance and strength.

### **Y CYCLE**

### **YOGA**

Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing.

### **YOGA FUSION**

The best of Yoga, strength training, Pilates and cardio endurance all rolled up into one for a total body intense fat-burning, muscle toning, core-strengthening workout!

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**YOGALATES**

This mat-based class is a fusion of yoga and Pilates that will strengthen the core while increasing flexibility.

**YOUTH BOOT CAMP**

(Co-ed) Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced.

**YOUTH BOXING**

Not only will you gain knowledge in the art of boxing, our class-based training provides a positive outlet for kids. Increased focus, discipline and improvements in school are just some of the benefits students will see as a result of boxing training.

**ZUMBA®**

Zumba is the big dance fitness craze at the moment, created by Miami-based dancer and choreographer Beto Perez. Dance steps to Latin and international music are combined with aerobic exercises to tone your entire body in a dynamic, exciting, and effective fitness system.

For questions on group exercise or cycling classes, please contact Valeria Tenreiro at [tenreiro@somersetcountyyymca.org](mailto:tenreiro@somersetcountyyymca.org).