



# Group Exercise Schedule

## Hillsborough YMCA

Created: 8/19/2017

All cycling classes require a class card. Cards can be obtained at the Welcome Center 15 minutes prior to the start of class. Age requirement for group exercise classes is 13 years and older.

\* Weather Permitting and Location Varies

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

### KEY:

| MONDAY            | CLASS  | INSTRUCTOR     | LOCATION              |
|-------------------|--|----------------|-----------------------|
| 6:00 AM-6:45 AM   | Strength Interval  | Ellie          | Aerobics              |
| 8:00 AM-8:45 AM   | Barre Blend  | Janet          | Aerobics              |
| 9:00 AM-9:45 AM   | Step   | Janet          | Aerobics              |
| 9:00 AM-10:00 AM  | Walking Club *   | Pam A.         | Duke Farm Orientation |
| 9:30 AM-10:15 AM  | Y Cycle  | Kyla           | Room 1                |
| 10:30 AM-11:20 AM | Yoga   | Christine      | Room 1                |
| 10:30 AM-11:20 AM | Circuit Training   | Doug           | Aerobics              |
| 5:30 PM-6:15 PM   | Body Sculpting   | Jess, Franklin | Aerobics              |
| 6:30 PM-7:30 PM   | Power Yoga<br><i>Will meet outside if weather is appropriate</i> | Kelly          | Aerobics              |
| 7:00 PM-7:55 PM   | Y Cycle  | Kim S.         | Room 1                |
| 7:30 PM-8:20 PM   | Cardio Kickboxing  | Vandana        | Aerobics              |
| TUESDAY           | CLASS  | INSTRUCTOR     | LOCATION              |
| 5:30 AM-6:25 PM   | Y Cycle  | Bill           | Room 1                |
| 8:30 AM-9:15 AM   | Functional Fitness   | Pam A.         | Aerobics              |
| 9:30 AM-10:25 AM  | Y Cycle  | Kim S.         | Room 1                |
| 9:30 AM-10:30 AM  | Yoga   | Pauline        | Aerobics              |
| 10:30 AM-11:15 AM | Pilates  | Pam A.         | Aerobics              |
| 5:30 PM-6:00 PM   | Express Core   | Amanda         | Aerobics              |
| 6:00 PM-7:00 PM   | Cycle-n-Flex   | Vandana        | Room 1                |
| 6:00 PM-6:55 PM   | Zumba®   | Pam Z.         | Aerobics              |
| 7:00 PM-7:55 PM   | Boot Camp  | Franklin       | Aerobics              |
| 8:00 PM-9:00 PM   | Yoga   | Michael        | Aerobics              |
| WEDNESDAY         | CLASS  | INSTRUCTOR     | LOCATION              |
| 6:00 AM-6:45 AM   | Circuit Training   | Anne           | Aerobics              |
| 8:30 AM-9:20 AM   | Pilates  | Lara, Denel    | Aerobics              |
| 9:30 AM-10:25 AM  | Y Cycle  | Alice          | Room 1                |
| 9:30 AM-10:25 AM  | Boot Camp  | Lara, Denel    | Aerobics              |
| 10:30 AM-11:00 AM | Express Core   | Lara, Denel    | Aerobics              |
| 5:30 PM-6:25 PM   | Zumba®   | Mara           | Aerobics              |
| 6:30 PM-7:25 PM   | Y Cycle  | Kim S.         | Room 1                |
| 6:30 PM-7:15 PM   | Kettlebell   | Doug           | Aerobics              |
| THURSDAY          | CLASS  | INSTRUCTOR     | LOCATION              |
| 8:30 AM-9:15 AM   | Functional Fitness   | Pam A.         | Aerobics              |
| 9:30 AM-10:25 AM  | Y Cycle  | Heidi          | Room 1                |
| 9:30 AM-10:20 AM  | Strength Interval  | Ellie          | Aerobics              |
| 10:30 AM-11:20 AM | Pilates  | Ellie          | Aerobics              |
| 5:30 PM-6:00 PM   | H.I.I.T. (High Intensity Interval Training)                      | Doug           | Aerobics              |
| 6:00 PM-7:00 PM   | Cycle-n-Flex   | Vandana        | Room 1                |
| 6:00 PM-6:45 PM   | Step-n-Sculpt  | Jenizah        | Aerobics              |
| 7:00 PM-7:55 PM   | Cardio/Strength Interval Training                                | Vandana        | Aerobics              |
| 8:00 PM-9:00 PM   | Yoga   | Michael        | Aerobics              |
| FRIDAY            | CLASS  | INSTRUCTOR     | LOCATION              |
| 5:30 AM-6:25 AM   | Y Cycle  | Bill           | Room 1                |
| 6:00 AM-6:50 AM   | Strength Interval  | Ali            | Aerobics              |
| 8:00 AM-8:45 AM   | On the Ball  | Janet          | Aerobics              |
| 9:00 AM-9:45 AM   | Step   | Janet          | Aerobics              |
| 9:30 AM-10:25 AM  | Y Cycle  | Heidi          | Room 1                |

| <b>FRIDAY</b>     | <b>CLASS</b>   | <b>INSTRUCTOR</b> | <b>LOCATION</b> |
|-------------------|--|-------------------|-----------------|
| 10:30 AM-11:20 AM | Circuit Training   | Doug              | Aerobics        |
| 6:30 PM-7:30 PM   | Family Fitness<br><i>Classes vary from week to week!</i> |                   | Aerobics        |
| <b>SATURDAY</b>   | <b>CLASS</b>   | <b>INSTRUCTOR</b> | <b>LOCATION</b> |
| 7:30 AM-8:25 AM   | Y Cycle  | Bill              | Room 1          |
| 8:00 AM-8:50 AM   | Cardio/Strength Interval Training                        | Vandana           | Aerobics        |
| 9:00 AM-9:55 AM   | Boot Camp Ashtanga Yoga                                  | Vandana           | Aerobics        |
| 10:00 AM-10:50 AM | Cardio Kickboxing  | Vandana           | Aerobics        |
| <b>SUNDAY</b>     | <b>CLASS</b>   | <b>INSTRUCTOR</b> | <b>LOCATION</b> |
| 8:00 AM-8:55 AM   | Y Cycle  | Alice             | Room 1          |
| 9:30 AM-10:25 AM  | Yoga Fusion  | Vandana           | Aerobics        |
| 10:30 AM-11:15 AM | Kettlebell   | Doug              | Aerobics        |
| 11:30 AM-12:25 PM | Zumba®   | Mara              | Aerobics        |

## CLASS DESCRIPTIONS

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### **BARRE BLEND**

This class fuses exercises from ballet, cardio, Pilates and Yoga into one class to challenge and tone the entire body. (All levels)

### **BODY SCULPTING**

Enjoy a total body lifting experience and help your bones remain strong. The fringe benefit? Killer arms! (All levels)

### **BOOT CAMP**

All the best of "Army Training" with fun thrown in to boot! This class contains classic conditioning training and mixes in out-of-the-ordinary drills, for a challenging total body workout. Expect to be outside for this fun workout when weather permits! (All levels)

### **BOOT CAMP ASHTANGA YOGA**

We take Yoga to the highest level of intensity...boot camp style! (All levels)

### **CARDIO KICKBOXING**

Get a challenging cardiovascular and full body workout as you kick, punch, block and move. (All levels)

### **CARDIO/STRENGTH INTERVAL TRAINING**

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

### **CIRCUIT TRAINING**

A fast-paced, total body workout, alternating between strength and cardio exercises. (All levels)

### **CYCLE-N-FLEX**

Get your Cardio Sweat on....then pump it out with Resistance training. (All levels)

### **EXPRESS CORE**

An express workout that targets all core muscles with crunches, planks, extensions, and more!

### **FAMILY FITNESS**

Get the whole family involved in a fun night of fitness. Classes will range from yoga to boot camp and will be fun for everyone! Mom, dad, kids, grandparents...come one, come all!! (All levels)

### **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. (All levels)

### **H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)**

An exercise strategy alternating between periods of short intense anaerobic exercise with less-intense recovery periods. These short, intense workouts (30 minutes) provide improved athletic capacity and condition, glucose metabolism, and fat burning. (All levels)

### **KETTLEBELL**

A full body workout for building power, strength and endurance using kettlebells. (All levels)

### **ON THE BALL**

Use an exercise ball to increase strength, flexibility, and balance in this 30 minute class. (All levels)

### **PILATES**

This mat based exercise class strengthens and tones muscles, improves posture, provides flexibility and balance, and unites body and mind. (All levels)

### **POWER YOGA**

For the student familiar with yoga and experienced in Sun Salutations, this class will challenge you with intermediate poses and a flowing practice.

### **STEP**

This interval-based class combines strength training with cardio drills on the step. Work at your own pace! (All levels)

### **STEP-N-SCULPT**

This class combines interval training on the step combined with strength training moves for a total body workout.

### **STRENGTH INTERVAL**

Challenge your muscles and kick start your metabolism. By lifting weights, you will build muscle and help prevent bone loss. (All levels)

### **WALKING CLUB \***

Tired of walking alone? Looking for a new way to motivate yourself and possibly others? Walking is one of the easiest ways to get moving and make friends. This is weather permitting and locations vary around Hillsborough Township. (All levels)

### **Y CYCLE**

Group cycling is a challenging workout that suits all ranges of abilities and fitness goals. (All levels)

### **YOGA**

Let us help you get "centered". Our instructors will lead you through a series of poses that will build strength, flexibility, and lengthen your muscles. Meditation and relaxation will conclude your workout. (All levels)

### **YOGA FUSION**

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

## **Hillsborough YMCA**

19 E. Mountain Road, Hillsborough, NJ 08844

P 908 369 0490 F

For more information, please contact:

908 369 0490

**ZUMBA®**

Created by Miami-based dancer Beto Perez, Zumba uses dance steps to Latin and international music, combined with aerobic exercises, to tone your entire body in a dynamic, exciting and effective way. (All levels)

For questions on group exercise or Y Cycle classes, please contact Lisa Welsh at [lwelsh@somersetcountymca.org](mailto:lwelsh@somersetcountymca.org).