



# Group Exercise Schedule

## Hillsborough YMCA

Created: 4/20/2018

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 Y.	Aerobics
9:00 AM-9:45 AM	Step	Janet Y.	Aerobics
9:30 AM-10:15 AM	Y Cycle	Kyla	Room 1
10:30 AM-11:20 AM	Circuit Training	Kyla	Aerobics
10:30 AM-11:20 AM	Yoga	Christine	Room 4
4:30 PM-5:15 PM	Zumba (Family Friendly) <i>Family Friendly Fitness Class</i>	Janet C-W	Aerobics
5:30 PM-6:15 PM	Body Sculpting	Jess, Franklin	Aerobics
6:30 PM-7:30 PM	Power Yoga <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-10:30 AM	Yoga	Pauline	Aerobics
9:30 AM-10:25 AM	Y Cycle	Kim S.	Room 1
10:30 AM-11:20 AM	Pilates	Pam A.	Aerobics
6:00 PM-6:55 PM	Zumba®	Norma	Aerobics
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
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	Aerobics
9:30 AM-10:25 AM	Boot Camp	Lara	Aerobics
10:30 AM-11:00 AM	Express Core	Lara	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	Jeanna	Aerobics
THURSDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-6:45 AM	Cardio Kickboxing	Lisa S.	Aerobics
8:00 AM-8:30 AM	Retro Aerobic Dance	Pam A.	Aerobics
8:30 AM-9:15 AM	Functional Fitness	Pam A.	Aerobics
9:30 AM-10:20 AM	Pilates	Kyla	Aerobics
9:30 AM-10:25 AM	Y Cycle	Heidi	Room 1
10:30 AM-11:20 AM	Strength Interval	Kyla	Aerobics
6:00 PM-6:45 PM	Step-n-Sculpt	Jenizah	Aerobics
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
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	Lisa S.	Aerobics
8:00 AM-8:45 AM	On the Ball	Janet Y.	Aerobics
9:00 AM-9:45 AM	Step	Janet Y.	Aerobics
9:30 AM-10:25 AM	Y Cycle	Heidi	Room 1
10:30 AM-11:20 AM	Circuit Training	Lisa W.	Aerobics

<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:30 AM-8:25 AM	Y Cycle	Bill, Lisa S.	Room 1
8:00 AM-8:50 AM	Cardio/Strength Interval Training	Vandana	Aerobics
9:00 AM-9:55 AM	Yoga Fusion	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-11:25 AM	Cardio/Strength Interval Training	Vandana	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)

### **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!

### **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)

### **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.

### **RETRO AEROBIC DANCE**

Made popular back in the 70s and 80s, hi/lo (which stands for high- and low-impact) aerobics class with dance-like routines that include moves like grapevines, step touches, and knee lifts.

### **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)

### **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!

**ZUMBA (FAMILY FRIENDLY)**

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)

Our Family Friendly Classes are a great way to set a positive example for your children, keep active, and enjoy quality time as a family. Open to ages 3-12 (with parent/guardian) and 13+.

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