



Group Exercise Schedule

Hillsborough YMCA

Created: 6/26/2017

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 4
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 <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-11:15 AM	Pilates	Pam A.	Aerobics
5:30 PM-6:00 PM	Express Core	Ali	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	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
5:45 AM-6:45 AM	Boot Camp	Kim L.	Aerobics
8:30 AM-9:15 AM	Functional Fitness	Pam A.	Aerobics
9:30 AM-10:20 AM	Strength Interval	Ellie	Aerobics
9:30 AM-10:25 AM	Y Cycle	Heidi	Room 1
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	Cardio Kickboxing		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

FRIDAY	CLASS	INSTRUCTOR	LOCATION
10:30 AM-11:20 AM	Circuit Training	Doug	Aerobics
6:30 PM-7:30 PM	Family Fitness <i>Classes vary from week to week!</i>		Aerobics
SATURDAY	CLASS	INSTRUCTOR	LOCATION
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
11:00 AM-11:50 AM	Bhangra Dance Fitness	Vandana	Aerobics
SUNDAY	CLASS	INSTRUCTOR	LOCATION
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

BARRE BLEND

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

BHANGRA DANCE FITNESS

"Bhangra" is a traditional folk dance from the northern state of Punjab, India. This fitness program modernizes the high-energy folk dance by blending traditional Bhangra dance steps with the exhilaration of Bollywood (Hindi film) moves. Every class is a complete cardiovascular workout; overall toning, body conditioning, cardio endurance, and balance. It's easy to follow and can be modified to the comfort level of the participant, making it accessible to all fitness 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!

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.