



Group Exercise Schedule

Somerset Hills YMCA-Mt. Airy

Created: 1/17/2019

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-6:30 AM	SPIN®	Jennifer	Spin® Studio
6:00 AM-6:45 AM	Intense Interval Training	Doug	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	SPIN®	Diana	Spin® Studio
9:15 AM-10:15 AM	Fluid body sculpt	Karen T.	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	SUB, Rachel	Dance Studio
10:00 AM-10:45 AM	♥♥ TRX®	Jordana	Group Exercise 2
10:25 AM-11:15 AM	♥ Intro to Yoga	Rachel	Dance Studio
10:30 AM-11:15 AM	Butts and Guts!!	Linda	Group Exercise 1
12:00 PM-1:00 PM	Zumba®	Daysi	Group Exercise 1
12:00 PM-12:45 PM	SPIN®	Donna	Spin® Studio
4:15 PM-5:00 PM	♥ Youth Fitness Classes	Joe	Group Exercise 1
5:30 PM-6:20 PM	Zumba®	Paola	Group Exercise 1
5:30 PM-6:30 PM	SPIN®	Wendy	Spin® Studio
6:00 PM-7:00 PM	Pilates/Strength	Jordana	Personal Training
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
6:45 PM-7:30 PM	SPIN®	Len	Spin® Studio
7:45 PM-8:30 PM	Reiki & Meditation	Liz	Group Exercise 1
TUESDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-7:00 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
9:15 AM-10:15 AM	Power Pump	Lori	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Body Pump™	Lori	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Lisa	Spin® Studio
9:15 AM-10:15 AM	♥♥ Barre	Wendy	Group Exercise 2
9:30 AM-10:30 AM	♥♥ Vinyasa Flow Yoga	Catherine	Dance Studio
10:30 AM-11:30 AM	Spin/Strength	Kim	Spin® Studio
10:30 AM-11:30 AM	Kettlebell Training	Doug	Group Exercise 1
11:00 AM-11:45 AM	♥ AOA	Mary	Kinesis Room
12:30 PM-1:30 AM	♥ Zumba® Gold	Zulma	Group Exercise 1
4:00 PM-4:45 PM	SPIN®	Justin	Spin® Studio
4:15 PM-5:00 PM	♥ Tween Yoga	Carrie	Group Exercise 1
5:30 PM-6:15 PM	SPIN®	Liz	Spin® Studio
6:30 PM-7:30 PM	Total Body Conditioning	Doug	Group Exercise 1
6:30 PM-7:30 PM	♥♥ Vinyasa Flow Yoga	Pam	Dance Studio
6:30 PM-7:30 PM	SPIN®	Wendy	Spin® Studio
7:35 PM-8:35 PM	LaBlast	Chris	Group Exercise 1
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	SPIN®	Bonnie	Spin® Studio
6:00 AM-6:45 AM	♥♥ Bootcamp	Jennifer	Group Exercise 1
8:00 AM-9:00 AM	SPIN®	Dan	Spin® Studio
8:00 AM-9:00 AM	T'ai Chi	Don	Dance Studio
8:00 AM-9:00 AM	Pilates	Bonnie	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Vinyasa Flow Yoga	Rachel	Dance Studio
9:15 AM-10:15 AM	SPIN®	Sarah	Spin® Studio
9:15 AM-10:00 AM	Cardio Interval	Jennifer	Group Exercise 1

WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:15 AM	♥♥ TRX®	Diana	Group Exercise 2
10:05 AM-10:20 AM	Stretch & Restore	Jennifer	Group Exercise 1
10:30 AM-11:15 AM	Total Strength	Beth	Group Exercise 1
11:30 AM-12:30 PM	Pilates	Bonnie	Group Exercise 1
12:00 PM-12:45 PM	SPIN®	Sarah	Spin® Studio
4:15 PM-5:00 PM	♥ Youth Fitness Classes	Joe	Group Exercise 1
5:30 PM-6:30 PM	SPIN®	SUB, Alexa	Spin® Studio
5:40 PM-6:40 PM	♥♥ Barre	Wendy	Group Exercise 1
6:45 PM-7:30 PM	Pound	Jordana, strength instead of	Group Exercise 1
6:45 PM-7:30 PM	SPIN®	Marina	Spin® Studio
7:35 PM-8:35 PM	Zumba®	Danielle	Group Exercise 1
THURSDAY	CLASS	INSTRUCTOR	LOCATION
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	SPIN®	Lisa	Spin® Studio
8:00 AM-9:00 AM	♥♥ Vinyasa Flow Yoga	Michelle	Dance Studio
8:00 AM-9:00 AM	♥♥ 20/20/20	Linda	Group Exercise 1
9:15 AM-10:15 AM	♥♥ Barre	Wendy	Group Exercise 1
9:15 AM-10:45 AM	♥ Spin/ Yoga	Michelle, Beth	Spin® Studio
9:15 AM-10:15 AM	Step Interval	Karen T.	Group Exercise 2
9:15 AM-10:15 AM	Zumba®	Tina	Dance Studio
10:20 AM-11:00 AM	♥ Barre Basics	Sue	Group Exercise 1
10:30 AM-11:00 AM	SPIN®	Wendy	Spin® Studio
10:30 AM-11:30 AM	♥ AOA	Kim	Dance Studio
12:30 PM-1:30 PM	♥ Chair yoga	Christine	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
5:30 PM-6:15 PM	SPIN®	Len	Spin® Studio
5:30 PM-6:15 PM	Body Weight Interval Training	Lori	Group Exercise 1
6:00 PM-7:00 PM	Mixed level Yoga	Jim	Dance Studio
6:30 PM-7:15 PM	SPIN®	Marina	Spin® Studio
6:30 PM-7:30 PM	Power Pump	Lauren	Group Exercise 1
7:15 PM-8:00 PM	♥♥ TRX®	Jordana	Group Exercise 2
7:35 PM-8:35 PM	Zumba®	Danielle	Group Exercise 1
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	SPIN®	Lisa	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-9:00 AM	♥ Senior Yoga	Teri	Dance Studio
9:00 AM-9:25 AM	ABSolutely Core	Jennifer	Group Exercise 1
9:10 AM-10:10 AM	♥♥ Vinyasa Flow Yoga	Jenn	Dance Studio
9:15 AM-10:15 AM	SPIN®	Diana	Spin® Studio
9:30 AM-10:15 AM	Total Body Conditioning	Jennifer	Group Exercise 1
9:30 AM-10:20 AM	♥♥ Total Body Torch-HIIT training	Beth, SUB	Group Exercise 2
10:30 AM-11:15 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 AM	Zumba®	Zulma	Group Exercise 1
4:15 PM-5:00 PM	♥ Zumba Kids	Uma	Group Exercise 1
5:30 PM-6:30 PM	Bollywood	CANCELLED	Group Exercise 1
6:00 PM-7:00 PM	SPIN®	Kelsey	Spin® Studio
6:45 PM-7:30 PM	♥ Barre Basics	Susan	Group Exercise 2
SATURDAY	CLASS	INSTRUCTOR	LOCATION
6:30 AM-8:00 AM	SPIN®	Tony	Spin® Studio
7:45 AM-8:45 AM	♥♥ 20/20/20	Linda	Group Exercise 1
8:00 AM-9:00 AM	♥♥ Vinyasa Flow Yoga	Christine	Dance Studio
8:30 AM-9:30 AM	SPIN®	Wendy	Spin® Studio
9:00 AM-10:00 AM	Power Pump	Lori	Group Exercise 1
9:00 AM-10:00 AM	cardio Kickboxing	Alex	Group Exercise 2
10:00 AM-10:45 AM	SPIN®	Sarah	Spin® Studio
10:15 AM-11:15 AM	Zumba®	Danielle	Group Exercise 1
10:15 AM-11:00 AM	♥♥ Interval Rope Training	Malcolm	Group Exercise 2
11:00 AM-11:30 AM	♥ Intro/Beginner SPIN®	Sarah	Spin® Studio

SATURDAY	CLASS	INSTRUCTOR	LOCATION
11:15 AM-12:00 PM	♥♥ TRX®	Beth	Group Exercise 2
12:45 PM-1:30 PM	♥ kids yoga	Pam	Dance Studio
SUNDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-9:00 AM	SPIN®	Bonnie	Spin® Studio
8:00 AM-9:00 AM	♥♥ Bootcamp	Beth, Kim B.	Group Exercise 1
8:30 AM-9:30 AM	Pilates	Bonnie	Group Exercise 2
8:45 AM-10:00 AM	Mixed level Yoga	Rob	Dance Studio
9:15 AM-10:15 AM	Total Strength	Alex	Group Exercise 1
9:15 AM-10:15 AM	SPIN®	Wendy	Spin® Studio
10:30 AM-11:30 AM	Cardio Dance	Alex	Group Exercise 1
10:30 AM-11:30 AM	♥♥ Vinyasa Flow Yoga	Neeru	Dance Studio
11:00 AM-12:00 PM	Spin/TRX	Kim	Spin® Studio

CLASS DESCRIPTIONS

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.

BARRE BASICS

BODY PUMP™

This 60 minute workout challenges all your major muscle groups by using the best barbell exercises.

BODY WEIGHT INTERVAL TRAINING

BOLLYWOOD

Bollywood

This class is Inspired by the high energy music from Indian movies, Famously called Bollywood. Bollywood dancing is an exotic and exciting way of getting fit by dancing to Indian music. This is a mixed level Bollywood class offering a fast moving, vivacious and expressive workout combining a bit of Indian folk, Bhangra, Latin, hip hop and Belly dance. Every class includes warm up a medium and high intensity workout and stretches to cool down."

BOOTCAMP

BUTTS AND GUTS!!

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

CARDIO DANCE

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 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.

FLUID BODY SCULPT

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 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.

KIDS YOGA

Ages 4-7 In this class children will learn to develop their own yoga practice through play. Child friendly poses, breathwork, meditation and relaxation techniques all through games, activities, songs and stories. Please send with a water bottle.

*Parents need to stay in the hallway.

LABLAST

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

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/STRENGTH

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.

REIKI & MEDITATION

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 min 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.

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 BODY TORCH-HIIT TRAINING

This high energy workout is based on interval training principals to increase your metabolism, decrease your body fat and strengthen your heart and lungs using a mix of body weight exercises and strength training.

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®

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 KIDS

Zumba Kids

Zumba Kids features the famous Zumba Fitness music, rhythms, and beats along with Zumba choreography broken into kid-friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun. Zumba Kids also adds age-appropriate games and activities, helping children gain coordination, self-confidence, overcome fears and much more.

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.

ZUMBA® GOLD

The Zumba® Gold Fitness program was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. The difference between Zumba Gold & Zumba Basic is Zumba Gold is done at a lower intensity, not as fast, but it certainly is as fun.

For more information please contact Lisa Pensabene at 908 766 7898 x548.