



Group Exercise Schedule

Somerville YMCA

Created: 1/18/2019

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
5:45 AM-6:45 AM	Cardio Boot Camp	Jennifer	AP Room
7:15 AM-8:15 AM	♥ Tai-Chi	Poornima	Room 10
9:30 AM-10:30 AM	Kick-Boxing	Jennifer	AP Room
10:30 AM-11:30 AM	Y Cycle	Lisa Lucas	Cycling Studio
10:30 AM-11:15 AM	♥ Chair Yoga	Deepti	AP Room
11:15 AM-12:00 PM	Vinyasa Yoga	Deepti	Room 10
4:00 PM-5:00 PM	Teen Ninja Warrior	Roger	Room 10
6:00 PM-7:00 PM	Y Cycle	Michaela	Cycling Studio
6:30 PM-7:30 PM	Pound	Erica	AP Room
7:30 PM-8:30 PM	Zumba®	Erica	AP Room
TUESDAY	CLASS	INSTRUCTOR	LOCATION
5:15 AM-6:00 AM	Y Cycle	Frank	Cycling Studio
6:00 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
8:30 AM-9:30 AM	Y Cycle	Tony	Cycling Studio
9:30 AM-10:30 AM	Insanity	Pam V	AP Room
10:30 AM-11:30 AM	Zumba®	Mara	AP Room
11:30 AM-12:00 PM	Zumba® Gold	Mara	AP Room
6:00 PM-7:00 PM	Y Cycle	Beth	Cycling Studio
6:30 PM-7:30 PM	Calories Burning WorkOut	Todd	AP Room
6:30 PM-7:30 PM	Yoga <i>Yogalates</i>	Carolyn	Room 10
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	Strength Interval	Jennifer	AP Room
9:00 AM-9:45 AM	Pilates	Valeria	Room 10
9:45 AM-10:30 AM	TRX	Valeria	Room 10
11:00 AM-12:00 PM	Functional Fitness	Lisa L.	AP Room
4:00 PM-5:00 PM	♥ Seven Grade Initiative Fitness Tutorial	Ryan	Fitness Center
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-6:00 AM	Y Cycle	Frank	Cycling Studio
6:00 AM-6:45 AM	Y Cycle	Frank	Cycling Studio
8:30 AM-9:30 AM	Y Cycle	Lisa Lucas	Cycling Studio
9:30 AM-10:30 AM	HIIT	Valeria	AP Room
10:30 AM-11:15 AM	♥ Chair Yoga	Shalini	Room 10
10:30 AM-11:30 AM	Zumba®	Mara	AP Room
11:30 AM-12:30 PM	Outdoor Walking		Lobby
4:00 PM-5:00 PM	Youth cardio	Miriam	Room 10
5:30 PM-6:30 PM	♥ Tai-Chi	Becky	Room 10
6:00 PM-7:00 PM	Y Cycle <i>SpinPower</i>	Tony	Cycling Studio
6:30 PM-7:30 PM	Calories Burning WorkOut	Todd	AP Room
FRIDAY	CLASS	INSTRUCTOR	LOCATION
5:45 AM-6:45 AM	Mix it Up	Valeria	AP Room
7:15 AM-8:15 AM	♥ Tai-Chi	Becky	Room 10
9:30 AM-10:30 AM	Barre	Denel	Room 10
9:30 AM-10:30 AM	Mix it Up <i>Yoga and Meditation</i>	Pallavi	AP Room
10:30 AM-11:00 AM	All Abs	Denel	Room 10
10:30 AM-11:30 AM	Functional Fitness	Lisa L.	AP Room

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

For more information, please contact:
 908 722 4567

FRIDAY	CLASS	INSTRUCTOR	LOCATION
SATURDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:55 AM	Y Cycle	Frank	Cycling Studio
8:00 AM-9:00 AM	Runner's Club	Laura K.	Lobby
8:45 AM-9:45 AM	Zumba®	Mara	Room 10
9:00 AM-10:00 AM	Yoga	Pallavi	AP Room
12:30 PM-1:30 PM	Teen Total Athlete	Frank	AP Room
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:15 AM-10:15 AM	Yoga	Carolyn	Room 10
9:15 AM-10:15 AM	Y Cycle	Frank	Cycling Studio

CLASS DESCRIPTIONS

ALL ABS

A great way to build muscle and flatten your abdomen, which can help alleviate back pain.

BARRE

Class uses the ballet barre drills working with your own body weight as resistance focusing on the thigh and seat muscles

CALORIES BURNING WORKOUT

High intensity cardiovascular/Strength training

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/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.

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.

HIIT

High Intensity Interval Training

INSANITY

High intensity cardiovascular interval training

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.

MIX IT UP

Fitness Class that incorporates multiple training techniques

OUTDOOR WALKING

Enjoy health benefits while walking outdoors in a very social environment. Class meets in the lobby. (Weather permitting)

PILATES

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

POUND

The alternative group fitness format inspired by drumming

RUNNER'S CLUB

For those who love running, for those who want to start running, Somerville Runner's club is the club for you. We will meet once a week and will have different levels: walking, jogging, and running. Running is fun and will motivate you to push through your goals.

SEVEN GRADE INITIATIVE FITNESS TUTORIAL

Guided Fitness Program for 7th grade initiative membership

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.

TAI-CHI

A Chinese form of exercise that uses very slow and controlled movements.

TEEN NINJA WARRIOR

Learn a range of personal safety skills to take charge of the space around you

TEEN TOTAL ATHLETE

Teens get a challenging cardiovascular and full body workout.

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.

Somerville YMCA

2 Green Street, Somerville, NJ 08876

P 908 722 4567 F

For more information, please contact:

908 722 4567

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!

YOUTH CARDIO

Youth Cardio equipment at fitness center class

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.

ZUMBA® GOLD

Zumba Gold is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

For questions on group exercise or cycling classes, please contact Valeria Tenreiro at tenreiro@somersetcountyyymca.org.