



Group Exercise Schedule

Hillsborough YMCA

Created: 1/18/2019

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	Pam Z.	Aerobics
9:00 AM-9:25 AM	INSANITY LIVE	Melissa	Aerobics
9:30 AM-10:25 AM	Zumba®	Uma	Aerobics
9:30 AM-10:15 AM	Y Cycle	Kyla	Room 1
10:30 AM-11:20 AM	Circuit Training	Miriam	Aerobics
5:30 PM-6:15 PM	Body Sculpting	Jess	Aerobics
6:30 PM-7:25 PM	Yoga	JoAnn	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
6:00 AM-6:45 AM	Cardio/Strength Interval Training	Kim L.	Aerobics
8:30 AM-9:25 AM	Functional Fitness	Pam A.	Aerobics
9:30 AM-10:25 AM	Y Cycle	Kim S.	Room 1
9:30 AM-10:25 AM	Yoga	Pauline	Aerobics
10:30 AM-11:20 AM	Pilates	Pam A.	Aerobics
11:30 AM-12:30 PM	Zumba Gold	Uma	Aerobics
5:30 PM-5:55 PM	INSANITY LIVE	Melissa	Aerobics
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
6:00 PM-6:55 PM	Zumba®	Amy	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	Strength Interval	Anne	Aerobics
8:30 AM-9:25 AM	Pilates	Joe	Aerobics
9:30 AM-10:25 AM	Boot Camp	Denel	Aerobics
10:30 AM-11:30 AM	LaBlast®	Denel, Thais	Aerobics
5:30 PM-6:25 PM	Zumba®	Mara	Aerobics
6:30 PM-7:15 PM	Pilates	Ellie, Pam A., Janet Y.	Aerobics
<i>These 3 longtime instructors will rotate teaching this class.</i>			
6:30 PM-7:25 PM	Y Cycle	Kim S.	Room 1
7:30 PM-8:15 PM	INSANITY LIVE	Melissa	Aerobics
THURSDAY	CLASS	INSTRUCTOR	LOCATION
6:00 AM-6:45 AM	Cardio Blast	Lisa S.	Aerobics
8:30 AM-9:25 AM	Functional Fitness	Pam A.	Aerobics
9:30 AM-10:20 AM	Pilates	Kyla	Aerobics
9:30 AM-10:25 AM	SPINPower®	Heidi	Room 1
10:30 AM-11:20 AM	Strength Interval	Kyla	Aerobics
5:30 PM-5:55 PM	INSANITY LIVE	Melissa	Aerobics
6:00 PM-7:00 PM	Cycle-n-Flex	Vandana	Room 1
6:00 PM-6:45 PM	Step	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	Lisa S.	Aerobics
8:00 AM-8:45 AM	On the Ball	Pam A.	Aerobics
9:00 AM-9:45 AM	Step-n-Sculpt	Jess	Aerobics

FRIDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:25 AM	SPINPower®	Heidi	Aerobics
10:00 AM-10:25 AM	Stretch & Flex	Miriam	Aerobics
10:30 AM-11:20 AM	Circuit Training	Miriam	Aerobics
6:30 PM-7:30 PM	First Fridays Family Fun <i>Jan. 4 - Family Zumba, Feb. 1 - Fab Fifties, Mar. 1 - Zumba Pajama Jam, Apr. 5 - Dance Ribbon Rings, May 3 - Zumba Love</i>	Mara, Janet C-W	Aerobics
SATURDAY	CLASS	INSTRUCTOR	LOCATION
7:30 AM-8:25 AM	Y Cycle	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
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-11:25 AM	Cardio/Strength Interval Training	Vandana	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)

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 BLAST

A heart pumping cardio workout mixed with intervals of muscle conditioning using weights, bands, bars and even jump ropes. (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)

FIRST FRIDAYS FAMILY FUN

It's fun for the whole family! Check the calendar of events starting in October.

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)

INSANITY LIVE

A cardio class based on max interval training with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. Classes either 30 or 45 minutes in duration. (All levels)

LABLAST®

An innovative partner-free fitness program created by world renowned dancer and Dancing With the Stars fan favorite, Louis Van Amstel. LaBlast® is a dance-based fitness workout that incorporates elements from several types of dance. (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)

SPINPOWER®

Revolutionize your ride with power-based training! The SPINPower technology is unique because it tells riders how hard they are working, allows them to measure progress, and tells them what fitness variables they need to change. Your **Personal Spinning Threshold Test*** (PST) allows the creation of your customized SPINPower training zones. (All levels)

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)

STRETCH & FLEX

Staying flexible throughout our lives enables us to do the things we love. In this relaxing class, you'll learn to stretch your muscles gently and gradually and increase your range of motion and flexibility. (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)

Hillsborough YMCA

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For more information, please contact:
908 369 0490

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 GOLD

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

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@somersetcountyyymca.org.