

Princeton Family YMCA

Master Group Fitness Schedule

FALL 1 2017 September 4th-October 29th

All Group Exercise
classes are FREE for
full-facility members!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:25-9:25am Spanda Fusion <i>Jane - W Center</i>	8:30-9:30am Deep Water Walking <i>Suzette - Pool</i>	8:00-9:00am Yoga For everyBODY <i>Joy-SMB</i>	7:30-8:30am Bootcamp <i>Cathy-GX</i>	8:25-9:25am Spanda Fusion <i>Jane - W Center</i>	8:00-9:00am Walk Aerobics Camp <i>OWC with Gail - Community Park Track</i>
8:30-9:00am 30 MAX <i>Lori- GX</i>	9:00-10:25am Total Barre & Strength Plus Abs <i>Lori - GX</i>	8:30-9:00am 30 MAX <i>Lori-GX</i>	8:30-9:30am AquaFit <i>Suzette - Pool</i>	9:00-9:45am Cardio Step <i>Lori - GX</i>	9:00-10:00am Power Step <i>Lori - GX</i>
9:00-9:45am Cardio Step <i>Lori - GX</i>	9:30-10:30am Aqua Light and Fit (Shallow End ONLY) <i>Suzette - Pool</i>	9:00-9:45am Power Step <i>Lori - GX</i>	9:00-10:25am Total Barre & Strength Plus Abs <i>Lori - GX</i>	9:15-10:15am Power Yoga <i>Maria - SMB</i>	9:00-10:00am Small Group Training <i>Steve - WC</i>
8:30-9:45am Yoga for everyBODY <i>Joy - SMB</i>	9:45- 10:30am Senior Strong <i>Virginia-Gymnasium (Upper Level)</i>	9:15-10:15am Power Yoga <i>Maria - SMB</i>	10:30-11:30am Chair Yoga <i>Shirin- SMB</i>	9:30-10:30am Deep Water Walking <i>Suzette - Pool</i>	9:00-10:15am Hatha Flow Yoga <i>Elizabeth - SMB</i>
9:30-10:30am Aqua Blast <i>Jo Anna - Pool</i>	10:30-11:30am Balance & Barre Connect <i>Lori - SMB</i>	9:30-10:30am AquaFit <i>Jo Anna - Pool</i>	10:30-11:30am Balance & Barre Connect <i>Lori - GX</i>	10:30-11:30am Aqua Light and Fit (Shallow End ONLY) <i>Suzette- Pool</i>	10:05-11:05am 3D Mat Mix <i>Lori - GX</i>
9:45-10:30am Power Pilates <i>Lori - GX</i>	10:35-11:35am VIM <i>Virginia - GX</i>	9:45-10:30am 3D Mat Mix <i>Lori - GX</i>	12:00-1:00pm Gentle Yoga <i>Elizabeth - SMB</i>	9:45-10:30am Power Pilates <i>Lori - GX</i>	11:10am-12:10pm Total Barre & Strength <i>Lori - SMB</i>
10:35-11:35am VIM <i>Virginia - GX</i>	12:30-1:30pm Chair Yoga <i>Shirin - SMB</i>	10:35-11:35am VIM <i>Virginia - GX</i>	1:30-2:30pm Aqua Blast (1/2 Shallow End 1/2 Deep End) <i>Suzette - Pool</i>	10:35-11:35am VIM <i>Virginia - GX</i>	11:10am-12:10pm BODYPUMP™ <i>Sharee - GX</i>
11:35am-12:05pm Balance & Movement <i>Virginia - GX</i>	1:30-2:00pm Guided Meditation <i>Shirin - SMB</i>	11:35am-12:05pm Circuit Training <i>Virginia - WC</i>	4:15-5:30pm Cardio Kickboxing <i>Sharee-GX</i>	12:00-1:00pm Hatha Yoga <i>Elizabeth - SMB</i>	12:15-12:45pm Abs Plus <i>Sharee - GX</i>
11:45am-12:45pm Hatha Yoga <i>Maria - SMB</i>	1:30-2:30pm AquaFit (1/2 Shallow End 1/2 Deep End) <i>Suzette - Pool</i>	12:00-1:00pm Easy Flow Yoga <i>Elizabeth - SMB</i>	5:30-6:30pm BODYPUMP™ <i>Kristin/Sharee- GX</i>	5:30-6:30pm Zumba® <i>Cathy - GX</i>	
5:25-6:25pm Zumba® <i>Natalie - GX</i>	4:15-5:15pm Active Kids <i>Alison N. - GX</i>	5:30-6:30pm Hatha Yoga <i>Shirin-SMB</i>	5:30-6:30pm BODYPUMP™ <i>Kristin/Sharee- GX</i>		
5:30-6:15pm JoyFlo Yoga <i>Joy- SMB</i>	5:25-6:25pm BODYPUMP™ <i>Sharee- GX</i>	6:00-7:00pm Zumba® <i>Judy- GX</i>	6:00-7:00pm MELT Method <i>Alida - SMB</i>		
6:30-7:00pm Step Express <i>Alison N. - GX</i>	5:45-6:45pm Restorative Yoga <i>Erica - SMB</i>	6:45-7:45pm Body Sculpt <i>Alison N. - SMB</i>	6:30-7:00pm Step Express <i>Alison N. - GX</i>		
7:00-8:15pm Total Body Burn & Build <i>Lori - GX</i>	6:30-7:00pm Power Step <i>Lori - GX</i>	7:00-7:30pm Cardio Fit Circuit <i>Lori - GX</i>	7:00-7:45pm Body Sculpt <i>Alison N. - GX</i>		
7:05-7:45pm Body Sculpt <i>Alison N.- SMB</i>	7:00-8:00pm Mat Pilates <i>Alison H. - SMB</i>	7:30-8:15pm Total Barre & Strength <i>Lori - GX</i>			
	7:00-8:00pm Power Pilates <i>Lori - GX</i>				

SUNDAY

1:00-1:45pm
Family Yoga*
Lilly - SMB
***2nd Sunday of every month**

2:15-3:15pm
Yoga for Core Strength & Flexibility
Elizabeth - SMB
(Class begins 9/17/17)

Group Exercise classes are for members ages 12 & up. Members ages 10 or 11 yrs old may attend if accompanied by a parent or guardian over the age of 18. Yoga classes: See separate Yoga flyer for age restrictions.

GX=Group Exercise Studio-located in the Fitzpatrick Wellness Center
SMB= Spirit, Mind & Body Studio-located on the second floor
WC=Fitzpatrick Wellness Center
LCR=Lower Conference Room
Sport Court=located through the gymnasium

30 MAX: A highly effective strength interval class to train the upper and lower body muscle groups in a series of challenging and unique exercises with core focus. All fitness levels will be accommodated. Perfect to maximize results in 30 minutes!

ABS PLUS: Get the abs you've always wanted with this 30 minute workout that works the glutes, abs, oblique's and back.

ACTIVE KIDS: (7-12 years old) A complete fitness class that introduces kids to a variety of games and activities designed to improve fitness and coordination. Activities include obstacle courses, dance fitness, boot-camp style circuits, and games.

BALANCE & MOVEMENT: A low-impact class for all fitness levels. The focus is on all important core muscles which are critical for flexibility and balance. This class will help you build strength and flexibility. We will use stability balls and hand weights to help you to better balance.

BALANCE & BARRE CONNECT: This unique, total body Pilates and ballet inspired class is designed for all fitness levels to increase core, upper and lower body strength for better balance, stability and flexibility. Weights, Pilates balls and Pilates rings are used. Foam rollers are used to increase range of motion with a complete restorative stretch. Sneakers or flexible soled shoes are required.

BODYPUMP™: Using barbells and adjustable weights, you will tone and condition all major muscle groups via a series of exercises designed to burn fat fast and increase your metabolic rate. Exercises include squats, presses & other lifts. This class finishes with a cool-down and stretch.

BODY SCULPT: This class offers a variety of challenging exercises designed to target and tone your abs, back, chest, shoulders, arms, legs and butt. Stretching is emphasized, to increase range of motion and help you achieve a long, lean, toned look.

BOOTCAMP: A high energy class with alternating strength, cardio and conditioning exercises. Exercises alternate between cardio and strength training to burn fat and increase endurance, agility, and muscle. Keep burning calories after the workout.....all levels of fitness are welcome!

CARDIO FIT CIRCUIT: A 30 minute intense interval cardio class that develops metabolic endurance, core conditioning, plyometric skills, and major muscle strength in a circuit setting. Not a minute will be wasted as you burn calories and sculpt your body. All fitness levels will be challenged. Various equipment will be used.

CARDIO STEP: A low impact aerobic training that incorporates upper body conditioning to increase fat burning and muscle endurance, with athletic, easy to follow choreography that is functional for all fitness levels.

CIRCUIT TRAINING: Utilizing the circuit equipment in the wellness center to help build lean muscle and increase strength. A certified group exercise instructor will guide the group through a workout designed specifically for you. This class is perfect for the individual that wants to incorporate weight training in their exercise routine, but does not know where to start.

MAT PILATES: Carefully engineered progressions of classic and modern Pilates exercises will improve your well-being, boost any sport performance, and bring a sense of balance into your life. All levels welcome. No prior experience necessary.

MELT METHOD: Using easy and gentle specialized techniques, a soft body roller, and small soft balls, MELT rehydrates the connective tissue which keeps our bodies stable and upright, rebalances the nervous system, and restores space to compressed joints. Additionally MELTing will improve your athletic performance.

WALK AEROBICS CAMP: (brought to you by Olivia's Wellness Connection) During this class, held at Community Park Track off 206, you will condition your heart through cardio exercise and strengthen and tone your body through resistance training. A healthy snack is provided at the end.

POWER PILATES: A unique strength and flexibility class that incorporates the principles of Pilates exercises using correct alignment and core strength to enhance muscle definition in both upper and lower body. Weights, stability balls and Pilates balls are used. Sneakers or flexible rubber sole shoes required.

POWER STEP: A cardio/strength workout that works the legs in every plane of motion. The strength shots offer short, intense bursts of core and upper body training exercises by pushing cardiovascular intensity. This workout can be done by all fitness levels with or without the step.

SENIOR STRONG: In addition to a light aerobic workout, we will work with weights, tubes and balls to improve your overall strength and coordination

SMALL GROUP TRAINING: Take your fitness to the next level with Small Group Training! Personalized workouts using a wide variety of fitness equipment in individual and partner strength and conditioning activities, perfect for any fitness level.

SPANDA® FUSION: A high-energy dance cardio class based upon yoga principles, Spanda® Fusion focuses on functional fitness training: aerobic conditioning, coordination, agility, endurance, strength, and flexibility, The class is adaptable for all fitness levels, the movements are easy to learn, and the music will make you want to dance!

STEP EXPRESS: Burn as many as 300 calories in this 30-minute class, while strengthening your lower body, and increasing cardiovascular endurance.

3D MAT MIX: A challenging 3 dimensional combination of upper/lower body and core strength training, to work every angle of each muscle group for maximum effectiveness using hand weights, medicine balls, weighted bars, pushup poles, etc. Class is individualized for every fitness level, stressing proper technique.

TOTAL BARRE & STRENGTH: A highly effective all-level barre workout to create a lean, strong and flexible body. Inspired by ballet and Pilates, this fat-burning interval training will build core and arm strength as well as leg and glute sculpting. Light weights, Pilates ball, foam rollers, ballet barre, and more will be utilized. A fluid warmup and restorative stretching are included. Sneakers or flexible rubber soled shoes required.

TOTAL BODY BURN & BUILD: An effective fat burning cardio workout (30 minutes) combined with 45 minutes of strength training to build endurance and sculpt without the bulk. Various weight training equipment will be utilized and all fitness levels are accommodated.

VIM: Fitness class for beginner and intermediate active older adults, this class is designed to increase flexibility and improve circulatory system and muscle tone. Perfect for participants ages 62+, but all ages are welcome.

YOGA: The Princeton Family YMCA offers a variety of yoga styles, including: Hatha, Easy Flow, Power Yoga, Restorative Yoga, Kids Yoga, Youth Yoga and more! See the Yoga flyer for all descriptions and additional information.

ZUMBA: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

WATER FITNESS CLASS

AQUA BLAST: This aqua class will challenge you and help you develop, strength, and tone your muscles. Working against the water with water dumbbells, noodles, and various equipment will add the perfect amount of resistance to your workout. Aqua Blast is ideal for beginners to advance fitness enthusiasts.

AQUAFIT: Aqua Fit puts participants into various stations to help increase overall fitness levels for all participants. Increasing flexibility, range of motion, and cardio endurance are a focus of every class. Students work at their own pace at each station for set periods of time, making Aqua Fit ideal for students of all fitness levels.

AQUA LIGHT AND FIT: Focusing on flexibility and range of motion, this class will increase muscle strength, posture and balance while easing stiff joints and relaxing sore muscles. Participants will gain an enhanced sense of well being, mood and sleep quality while reducing pain and fatigue. Class is held in the Shallow End of the pool.

DEEP WATER WALKING: The whole class takes place in the deep end of the pool leaving the body suspended and relieving stress from your joints and back. This workout will help develop core strength and cardiovascular endurance. Beginners to advance students will enjoy the benefits from this class.