



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PRINCETON FAMILY YMCA GROUP FITNESS SCHEDULE January 2-February 24

All Group Exercise classes are FREE for Full Facility Members!
 Last updated 12/27/2018 | This schedule is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:25-9:25am Spanda Fusion Jane - YW Center	8:30-9:30am Deep Water Walking Suzette - Pool	8:30-9:30am Power Step Lori - GX	8:30-9:30am AquaFit Suzette - Pool	8:25-9:25am Spanda Fusion Jane - YW Center	8:00am-8:50am MVP Workout Olivia's Wellness Connection Gail - GX
8:30-9:45am Yoga for everyBODY Joy - SMB	8:30-9:15am Power Up! Lori - GX	9:15-10:15am Power Yoga Maria - SMB	8:30-9:15am Power Up! Lori - GX	8:30-9:30am Cardio Step Lori - GX	9:00-9:30am "Health is you Wealth" Wellness Workshop Olivia's Wellness Connection Gail - LCR
8:30-9:30am Cardio Step Lori - GX	9:15-10:30am *NEW Max & More Lori - GX	9:30-10:30am Power Pilates Lori - GX	9:15-10:30am *NEW Max & More Lori - GX	9:30-10:30am Barre Blend Lori - GX	9:00-10:00am Power Step Lori - GX
9:30-10:30am Total Barre & Strength Lori - GX	9:15-10:15am Power Yoga Maria - SMB	9:30-10:30am AquaFit JoAnna - Pool	9:30-10:30am *NEW Chair Yoga Shirin - SMB	9:15-10:15am Power Yoga Maria - SMB	9:00-10:00am Power Step Lori - GX
9:30-10:30am Aqua Blast JoAnna - Pool	9:30-10:30am Aqua Light and Fit Suzette - Pool	10:35-11:35am VIM Virginia - GX	10:30-11:30am *NEW Chair Yoga w/ Meditation Shirin - SMB	9:30-10:30am Deep Water Walking Suzette - Pool	9:00-10:00am Small Group Training Steve - WC
10:35-11:35am VIM Virginia - GX	9:45-10:30am Senior Strong Virginia - Gym	11:35am-12:05pm Circuit Training Virginia - WC	10:35-11:35am Balance & Barre Connect Lori - GX	9:45-10:30am *NEW Senior Strong Virginia - Gym	9:15-10:30am Vinyasa Yoga (mixed level) Elizabeth - SMB
11:35am-12:05pm Balance & Movement Virginia - GX	10:35-11:35am Balance & Barre Connect Lori - SMB	12:00-1:00pm Flow & Stretch Elizabeth - SMB	12:00-1:00pm Gentle Yoga Elizabeth - SMB	10:30-11:30am Aqua Light and Fit (Shallow End ONLY) Suzette - Pool	10:05-11:05am 3D Mat Mix Lori - GX
11:45am-12:45pm Hatha Yoga Maria - SMB	10:35-11:35am VIM Virginia - GX	5:00-5:45pm *NEW Zumba Lite® Judy - GX	1:30-2:30pm Aqua Blast (1/2 Shallow End) Suzette - Pool	10:45-11:45am *NEW Chair Yoga Elizabeth - SMB	11:10am-12:10pm Flex Fit Lori - SMB
4:00pm-5:00pm *NEW Chair Yoga Shirin - SMB	11:35-12:35pm Chair Yoga Shirin - SMB	5:30-6:30pm *NEW Deep Stretching Elizabeth - SMB	5:30-6:30pm BODYPUMP™ Sharee - GX	10:35-11:35am VIM Virginia - GX	11:10am-12:10pm BODYPUMP™ Sharee - GX
5:00pm-5:30pm *NEW Meditation Shirin - SMB	12:35-1:05pm Meditation Shirin - SMB	6:00-7:00pm Zumba® Judy - GX	6:00-7:00pm MELT Method Alida - SMB	12:00-1:00pm Hatha Yoga Elizabeth - SMB	12:15-12:45pm Kickboxing Sharee - GX
5:25-6:25pm Zumba® Natalie - GX	1:30-2:30pm AquaFit (1/2 Shallow End) Suzette - Pool	6:45-7:45pm Body Sculpt Alison N. - SMB	6:00-7:00pm MELT Method Alida - SMB	5:30-6:30pm Zumba® Cathy - GX	1:15-2:30pm *NEW Chair Yoga Shirin - SMB
6:30-7:00pm Step Express Alison N. - GX	4:15-5:15pm Active Kids Alison N. - GX	7:00-8:15pm MAX and MORE Lori - GX	6:30-7:00pm Step Express Alison N. - GX		
7:00-8:15pm Power Pilates Lori - GX	5:25-6:25pm BODYPUMP™ Sharee - GX		7:00-7:45pm Body Sculpt Alison N. - GX		
7:05-7:45pm Body Sculpt Alison N. - SMB	6:30-7:00pm Power Step Lori - GX		7:00-8:00pm Tai Chi Natalie - SMB		
	7:00-8:00pm Mat Pilates Alida - SMB				
	7:00-8:00pm 3D Mat Mix Lori - GX				

SUNDAY

2:15-3:15pm
Yoga for Core Strength
& Flexibility
Elizabeth - SMB

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.
GX: Group Exercise Studio
SMB: Spirit, Mind & Body Studio
WC: Fitzpatrick Wellness Center
LCR: Lower Conference Room
GYM: Basketball Gymnasium

MAX & MORE: 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 45 minutes!

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.

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.

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, 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. MELT will improve your athletic performance.

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.

POWER UP!: An energizing aerobic workout using very effective cardio equipment such as jump ropes, rebounders and medicine balls to maximize fat burning and muscle conditioning. This class compliments any strength class to reach your total fitness goals and power you up!

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.

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.

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 and super fun? Check and check. **Zumba Lite-** A fun beginner class for anyone who wants to learn the Zumba® basics. Let's break down all the moves so you can shake it up!

WATER FITNESS CLASSES

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 & 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.