

# PRINCETON FAMILY YMCA GROUP FITNESS SCHEDULE

## September 3-October 27

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

All Group Exercise classes are FREE for Full Facility Members!  
Last updated 9/19/2019 | Classes are subject to change or cancel.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:25-9:25am</b> Spanda Fusion <i>Jane - YW Center</i>	<b>8:30-9:30am</b> Deep Water Medley <i>Suzette - Pool</i>	<b>8:30-9:30am</b> Power Step <i>Lori - GX</i>	<b>8:30-9:30am</b> AquaFit <i>Suzette - Pool</i>	<b>8:25-9:25am</b> Spanda Fusion <i>Jane - YW Center</i>	<b>8:00am-8:50am</b> Walk Aerobics Camp <i>Olivia's Wellness Connection</i> <i>Gail</i>
<b>8:30-9:45am</b> Yoga for everyBODY <i>Joy - SMB</i>	<b>8:30-9:30am</b> Power Up! <i>Lori - GX</i>	<b>9:15-10:15am</b> Power Yoga <i>Maria - SMB</i>	<b>8:30-9:30am</b> Power Up! <i>Lori - GX</i>	<b>8:30-9:30am</b> Power Step <i>Lori - GX</i>	<b>9:00-9:30am</b> "Health is you Wealth" Wellness Workshop <i>Olivia's Wellness Connection</i> <i>Gail - LCR</i>
<b>8:30-9:30am</b> Power Step <i>Lori - GX</i>	<b>9:30-10:30am</b> Max & More <i>Lori - GX</i>	<b>9:30-10:30am</b> Power Pilates <i>Lori - GX</i>	<b>9:30-10:30am</b> Max & More <i>Lori - GX</i>	<b>9:30-10:30am</b> Barre Blend <i>Lori - GX</i>	<b>9:00-10:00am</b> Power Step <i>Lori - GX</i>
<b>9:30-10:30am</b> Total Barre & Strength <i>Lori - GX</i>	<b>9:15-10:15am</b> Power Yoga <i>Maria - SMB</i>	<b>9:30-10:30am</b> AquaFit <i>JoAnna - Pool</i>	<b>10:35-11:35am</b> Power VIM <i>Lori - GX</i>	<b>9:15-10:15am</b> Power Yoga <i>Maria - SMB</i>	<b>9:00-10:00am</b> Small Group Training <i>Steve - WC</i>
<b>9:30-10:30am</b> Aqua Blast <i>JoAnna - Pool</i>	<b>9:30-10:30am</b> Aqua Light and Fit <i>Suzette - Pool</i>	<b>10:35-11:35am</b> Group Training <i>Lori - WC</i>	<b>9:30-10:30am</b> Chair Yoga <i>Shirin - SMB</i>	<b>9:30-10:30am</b> Deep Water Medley <i>Suzette - Pool</i>	<b>9:00-10:00am</b> Vinyasa Yoga (mixed level) <i>Elizabeth - SMB</i>
<b>10:35-11:35am</b> VIM <i>Virginia - GX</i>	<b>9:45-10:30am</b> Senior Strong <i>Virginia - Gym</i>	<b>10:35-11:35am</b> VIM <i>Virginia - GX</i>	<b>10:30-11:30am</b> Chair Yoga w/ Meditation <i>Shirin - SMB</i>	<b>9:45-10:30am</b> Senior Strong <i>Virginia - Gym</i>	<b>10:05-11:05am</b> 3D Mat Mix <i>Lori - GX</i>
<b>11:35am-12:05pm</b> Balance & Movement <i>Virginia - GX</i>	<b>10:35-11:35am</b> Balance & Barre Connect <i>Lori - SMB</i>	<b>11:35am-12:05pm</b> Circuit Training <i>Virginia - WC</i>	<b>12:00-1:00pm</b> Gentle Yoga <i>Elizabeth - SMB</i>	<b>10:30-11:30am</b> Aqua Light and Fit (Shallow End ONLY) <i>Suzette - Pool</i>	<b>11:10am-11:40am</b> Flex Fit <i>Lori - SMB</i>
<b>11:45am-12:45pm</b> Hatha Yoga <i>Maria - SMB</i>	<b>10:40-11:40am</b> VIM <i>Virginia - GX</i>	<b>12:00-1:00pm</b> Flow & Stretch <i>Elizabeth - SMB</i>	<b>1:30-2:30pm</b> Aqua Blast (1/2 Shallow End 1/2 Deep End) <i>Suzette - Pool</i>	<b>10:45-11:45am</b> Chair Yoga w/ Meditation <i>Elizabeth - SMB</i>	<b>11:10am-12:10pm</b> BODYPUMP™ <i>Sharee - GX</i>
<b>4:00-5:30pm</b> Chair Yoga w/ Meditation <i>Shirin - SMB</i>	<b>11:35-1:05pm</b> Chair Yoga w/ Meditation <i>Shirin - SMB</i>	<b>5:30-6:30pm</b> Deep Stretching <i>Elizabeth - SMB</i>	<b>5:30-6:30pm</b> BODYPUMP™ <i>Sharee - GX</i>	<b>10:35-11:35am</b> VIM <i>Virginia - GX</i>	<b>12:15-12:45pm</b> Kickboxing <i>Sharee - GX</i>
<b>5:25-6:25pm</b> Zumba® <i>Natalie - GX</i>	<b>1:30-2:30pm</b> AquaFit (1/2 Shallow/Deep) <i>Suzette - Pool</i>	<b>6:00-7:00pm</b> Zumba® <i>Judy - GX</i>	<b>6:30-7:00pm</b> Step Express <i>Alison N. - GX</i>	<b>12:00-1:00pm</b> Hatha Yoga <i>Elizabeth - SMB</i>	<b>12:30-1:45pm</b> Chair Yoga w/ Meditation <i>Shirin - SMB</i>
<b>5:30-6:30pm</b> Deep Stretching <i>Elizabeth - SMB</i>	<b>4:15-5:15pm</b> Active Kids <i>Alison N. - GX</i>	<b>6:45-7:45pm</b> Body Sculpt <i>Alison N. - SMB</i>	<b>7:00-7:45pm</b> Body Sculpt <i>Alison N. - GX</i>	<b>5:30-6:30pm</b> Zumba® <i>Cathy - GX</i>	
<b>6:30-7:00pm</b> Step Express <i>Alison N. - GX</i>	<b>5:25-6:25pm</b> BODYPUMP™ <i>Sharee - GX</i>	<b>7:00-8:15pm</b> MAX and MORE <i>Lori - GX</i>	<b>7:00-8:00pm</b> Tai Chi <i>Natalie - SMB</i>		
<b>7:00-8:15pm</b> Power Pilates <i>Lori - GX</i>	<b>6:30-7:45pm</b> Cardio/Strength Circuit Challenge <i>Lori - GX</i>				
<b>7:05-7:45pm</b> Body Sculpt <i>Alison N. - SMB</i>	<b>6:00-7:00pm</b> MELT Method <i>Alida - SMB</i>				
	<b>7:00-8:00pm</b> Mat Pilates <i>Alida - SMB</i>				

### 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.

**CHAIR YOGA:** a class designed to be accessible to people with varying levels of ability, using the chair as a very effective tool and prop that can greatly assist in, both seated and standing asanas (postures).

**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.

**CARDIO/STRENGTH CIRCUIT CHALLENGE-** Class begins with various cardio equipment to keep you moving and burn calories, followed by a strength circuit that will challenge all muscle groups as well as every fitness level.

**FLEX FIT:** A balance of strength and flexibility training using therabands and other tools for both the contracting and lengthening phases of an exercise. Range of motion and muscle activation will be improved. All fitness levels can benefit from this functional class.

**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.

**MEDITATION:** This class will incorporate the relaxing and stress reducing aspects of Sound Meditation, where students focus on pure and simple sounds and their positive vibrational effects, to meditate.

**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

**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, 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.

**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.

#### **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 MEDLEY:** 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 include Basic Move Choreography, Aqua Weights, Noodles, Wall Drills, and Deep Water Traveling