



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING A HEALTHIER YOU TOGETHER

Princeton Family YMCA

Group Ex Fitness Schedule

*Registration Required

MONDAY

TUESDAY

Aqua Fit

9:45am-10:45am

Suzette

*Pool

Family

Yogalates

6:00pm-6:30pm

Kristen

*Group Ex Room

Yogalates

6:30pm-7:15pm

Kristen

*Group Ex Room

WEDNESDAY

Aqua Fit

9:45am-10:45am

Suzette

*Pool

THURSDAY

Aqua Fit

9:45am-10:45am

Suzette

*Pool

BodyPump

5:15pm-6:15pm

Sharee

*Group Ex Room

FRIDAY

Chair Fitness

10:30-11:30am

Suzette

*Outside Tent
(weather permits)



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.

CHAIR YOGA: Workouts choreography from the Arthritis Foundation movement library. Helping individuals with arthritis, related rheumatic diseases, and musculoskeletal conditions. Various exercises purposes - balance, coordination, Cardiorespiratory endurance, flexibility, range of motion, muscular strength, endurance, and relaxation.

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.

YOGALATES– A fun mix of Yoga and Mat Pilates using body weight for exercises. Class focus on strength and flexibility.

FAMILY YOGALATES– A fun mix of Yoga and Mat Pilates using body weight for exercises for the Family. All skill levels welcome.