



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

PRINCETON FAMILY YMCA GROUP FITNESS SCHEDULE January 3rd-February 2nd

All Group Exercise classes are FREE for Full Facility Members!
 Last updated 12/29/2021 | Classes are subject to change or cancel.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:15AM Spanda Fusion Jane- Basketball Gym (Mask Required)	8:00-9:00AM Pilates Alida - GX	9:30-10:30AM Aqua Fit (Shallow) Suzette - Pool	8:30-9:30AM Deep Water Medley Suzette - Pool	8:15-9:15AM Spanda Fusion Jane- Basketball Gym (Mask Required)	8:30am-9:15am "New Year, Health- ier New You" Olivia's Wellness Connection Gail - GX
8:30-9:30AM Deep Water Med- ley Suzette - Pool	9:45-10:45AM Aqua Light and Fit Suzette - Pool	5:15-6:15PM Zumba Erin - GX	9:30-10:30AM Aqua Fit (Shallow) Suzette - Pool	10:30-11:30AM Chair Fitness Suzette - GX	9:20-9:50am "Health is Your Wealth" Wellness Workshop Olivia's Wellness Connection Gail -Con. Room
9:30-10:30AM MELT Method Alida - GX		6:00-7:00PM Deep Stretching Elizabeth- SMB	10:45-12:00PM VIM Virginia - GX		
10:45-11:45AM Chair Fitness Suzette - GX			5:15-6:15PM BODYPUMP™ Sharee - GX		9:30-10:30AM Vinyasa Yoga Elizabeth- SMB
11:45-1:00PM VIM Virginia - GX			6:15-6:45PM Kick Boxing Sharee - GX		11:00-11:30AM Kick Boxing Sharee - GX
			6:20-7:05PM Deep Stretching Kristin- SMB	SUNDAY	11:30am-12:30PM BODYPUMP™ Sharee - GX
			7:15-8:15PM Yogalates Kristin- GX		12:00-1:00PM Slow Flow Yoga (mixed level) Maria- 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

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: 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).

PILATES: Carefully engineered progressions of classic and modern Pilates exercises created to strengthen the core and 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.

HEALTHIER NEW YOU MVP WORKOUT– Improve your physical and mental fitness as you get your feet stomping and body moving through music and rhythm. This energy filled class will leave you feeling invigorated and rejuvenated.

HEALTH IS YOUR WEALTH WELLNESS WORKSHOP– Weekly meetings offering weight and blood pressure check, food journal, healthy snack, nutrition education, and healthy cooking instructions. Each week also has a special theme for a new area of learning

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.

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 classes are often called exercise in disguise. Super effective and super fun?

SPANDA FUSION– 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!

*Mask Required for participation

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

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

GARBA– A is traditional Gujarati folk dance from India celebrated during the nine day Hindu festival of Navratri. It is a joyful style of dance, based on a circular pattern and characterized by a sweeping action from side to side. Garba performances often include singing and a musical accompaniment traditionally provided by dhol (double-headed drum) and the similar but smaller dholak and plenty of hand clapping.

MELT Method– a breakthrough self-treatment system that restores the support to your body's connective tissues. This helps eliminate chronic pain, enhance performance, and decrease the accumulated stress caused by repetitive movements. We use soft foam rollers and exercise balls on strategic position points of the hands and feet. The MELT Method also aids in decreasing accumulated stress in the nervous system which helps in a person's overall wellness. You will increase your balance, agility and stability. No experience necessary

Deep Stretching– focuses on longer holds and total-body stretches. This class provides a calm and relaxing space to let go of tension, focus on your breath, and let all your stresses fall away. You will experience a sense of grounding and centeredness as it is taught close to the mat with little to no standing postures. All-levels and beginner-friendly