



# GROUP FITNESS SCHEDULE

UNION COUNTY FAMILY YMCA

May 1 - AUGUST 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOOTCAMP 5:00AM		BOOTCAMP 5:00AM	CYCLE 360 5:00AM	BOOTCAMP 5:00AM		
ARTHRITIS 8:00AM		ARTHRITIS 8:00AM		ARTHRITIS 8:00AM	GROUP CYCLING 7:45AM	
MORNING FITNESS 8:15AM		MORNING FITNESS 8:00AM		CHAIR YOGA 8:15AM	STEP (1ST/3RD) 8:30AM	
SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	SILVER SNEAKERS 8:15AM	PILATES BARRE BLEND 8:30AM	BOOTCAMP (2ND) 8:30AM	
	INDOOR QUICK WALK 9:00AM		INDOOR QUICK WALK 9:00AM		HIT IT (4TH) 8:30AM	
STEP & TONE 9:30AM	DEEP WATER POWER PUMP 9:30AM		DEEP WATER POWER PUMP 9:30AM	BODY SCULPT INTERVAL 9:30AM	YOGA 9:30AM	
YOGA 9:30AM	ANYTHING GOES 9:30AM	TABATA HIIT 9:30AM	HIT IT BOXING 9:30AM	YOGA 9:30AM	BODY SCULPT 10:30AM	
	YOGA 9:30AM	KETTLE/YO 9:30AM	BODY SCULPT 10:45AM			
	GROUP CYCLING 12:15PM			<div style="background-color: #ff0000; color: white; padding: 10px; text-align: center; border-radius: 15px;"> <p><b>ALL CLASSES HAVE MINIMUM SPACE AVAILABLE. PLEASE GET A NUMBER CARD FROM THE WELCOME DESK.</b></p> </div> <div style="background-color: #ff9900; padding: 10px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>Classes are held in Studio #1 Indoor Quick Walk meets in the Gym.</p> </div> <div style="background-color: #990099; padding: 10px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>Classes are held in Studio #2</p> </div> <div style="background-color: #00cccc; padding: 10px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>Classes are held in Studio #3</p> </div> <div style="background-color: #0099cc; padding: 10px; text-align: center; border-radius: 15px; margin-top: 10px;"> <p>Classes are held in Lap or Therapy Pool.</p> </div>		
ARTHRITIS EXERCISE 5:00PM		GET ON BOARD ARTHRITIS 5:00PM	WARM ZONE AQUA TONE 5:00PM			
BODY SCULPT INTERVAL 5:00PM		BODY SCULPT INTERVAL 5:15PM				
HIT IT BOXING 6:00PM	CARDIO JAMZ 5:30PM	YOGA 6:00PM	POWER STEP 5:30PM			
YOGA 6:00PM	TRX BODY BLAST 6:00PM	YIN YOGA 6:30PM	TABATA HIIT 6:00PM			

**Anything Goes:** The name says it all. It could be anyone of our class formats, incorporating both cardio and strength training. Studio #2

**Barre Blend:** A blend of Light Cardio, Pilates, Yoga strength training and Ballet', to challenge and tone the entire body by helping you with strength, flexibility and stabilization. Studio #2

**Body Sculpt:** A barbell class that sculpts, tones and strengthens your entire body. Workout is done with the REP EFFECT in mind, focusing on low weight loads and high repetitions. Burn fat, gain strength and quickly produce lean body muscle conditioning.

**Body Sculpt/Interval:** Using the same technique as we do in our regular Body Sculpt class we have incorporated bursts of intervals in between each toning session. Studio #2

**Boot Camp:** High energy, motivated, dedicated instructors will guide you through challenging cardio and toning moves, helping you to push past your physical fitness limit.

**Cardio JamZ:** A Dance style class featuring interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat done to fun Pop and Latin style music. Studio #2 **Family Cardio JamZ:** For the whole family ages 9 years and up or come on your own to this fun packed dance class. You will love the laughter and physical activity you receive from this class as you do it together as a family. Studio #2

**Cycle 360:** Add variety to your indoor cycling workout with this total body circuit workout This class will take you on and off the bike, using weights and resistance tools as well as incorporating your core work then repeating the process. Making this a 45 minute full 360 workout in one class. Studio #3

**Deep Water Power Pump:** High intensity total body conditioning, cardiovascular and muscular strengthening, perform exercises without any straining to your body joints. Great for circulation and improving overall fitness. Floatation belts and water resistance equipment will be used. Lap Pool

**Group Cycling:** Instructor lead class on stationary bikes using different riding positions and varying the wheel resistance. Bikes are available on first come, first serve basis, sign up at front desk. Studio #3

**Hit It! (Boxing class):** Intense Boxing routines using free standing punching bags, learn proper form to punch and kick the bag. You will also have burst of high intensity intervals for extra cardio. Studio #2

**Indoor Quick Walking:** Held in our gymnasium. Energetic, fun fast paced 30 minutes of walking to the beat of motivating music. Class is for every fitness level and every age. YMCA Gym

**Kettle/Yo:** The best of both, using strength and conditioning for your muscles with the KettleBell for 30 minutes then work on the mind, body, and soul aspect of Yoga for 30 minutes to increase your flexibility. Studio #1

**Morning Shallow Water Fitness:** Aerobic conditioning is what this class is all about. Both cardio and toning done in the shallow end of the pool. Lap Pool

**Pilates Barre Blend:** Combining two core strength classes. Pilates: Proper body mechanic movements with coordinated breathing. Barre Blend: Light Cardio, Pilates, Yoga Strength training and Ballet' challenging the entire body. Studio #2

**Power Step:** 30 minutes of power house step routines to a 32 count upbeat motivational music with non-stop energy to push you through the workout. Studio #2 **Step and Tone:** 1 hour class using 32 count beats per minute of a rhythmic choreographed routine on a step. Step portion of the class is 30-40 minutes then strength and conditioning tools are brought in for the toning portion of the class. Studio #2

**Silver Sneakers Chair Yoga:** Yoga style moves done to meditating music with the aid of a chair for balance and joint problems. Studio #1

**Silver Sneakers:** Move to music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills. Studio #2

**Tabata HIIT:** Extreme high intensity cardio class! Each interval is done on a timing basis with short rest periods in between. You will burn calories and sweat IT OUT! You must have been doing some form of cardio in your regular exercise regimen before attending this class for the first time. Studio #2

**TRX Suspension Training:** In Suspension workouts the user's hands or feet will be supported by a single point while the opposite end of the body is in contact with the ground. An ideal mix of mobility training for strength, endurance, coordination, flexibility, power and core. **TRX Body Blast:** Uses a coordinated tempo, your driven by the beat of the music.

**Water Arthritis Exercise:** This recreational program includes exercises to improve the participant's overall function and performance of daily tasks, mobility, gait, flexibility, balance and coordination. Low intensity endurance such as walking is included to prevent chilling. Therapy Pool [Get on](#)

**Board/Arthritis:** The same format as our other Arthritis classes with the added tool of a Silver Sneaker Kick Board, to aid in balance and toning for class participants. Therapy Pool

**Warmzone Aquatone:** A Low intensity class, designed to focus on strengthening and toning. Yoga and Pilates will be added to build core strength, increase flexibility and improve balance. Different equipment water weights, kick boards, water noodles, are used in the workout to achieve muscle endurance. Low cardio will be used as needed to keep participants warm and comfortable. Therapy Pool

**Yoga:** Use body and mind in this class for strength, cardiovascular conditioning and flexibility using music to enhance your experience. Many people take Yoga for the sense of well-being and peace it brings.

**Yin Yoga:** Works your YIN tissues also known as your connective tissues. By doing a slow, steady load when holding the poses longer it will allow stimulation helping remove blockages in the myofascial meridians of your body, helping to balance the internal organs, gaining an end result of your muscles relaxing around the connective tissue.