



# GROUP FITNESS SCHEDULE

UNION COUNTY FAMILY YMCA

January 4, 2026 - May 3, 2026

	MON	TUES	WED	THUR	FRI	SAT	CLASS LENGTH
ABS AND CORE	9:15AM		9:15AM 5:00PM				15 mins
ANYTHING GOES		9:30AM		9:30AM			45 mins
BODYSULPT	5:00PM	10:45AM	5:15PM		9:30AM		45-60 mins
BOOTCAMP	5:00AM		5:00AM		5:00AM	8:30AM (2ND)	45 mins
CHAIR YOGA					8:15AM		45 mins
CYCLING		4:45PM				7:45AM	45 mins
DANCE FITNESS		5:30PM				9:30AM	45 mins
HIIT - High Intensity Interval Training	9:30AM		9:30AM				45 mins
HIT IT BOXING				10:45AM		8:30AM (4TH)	45 mins
INDOOR QUICK WALK		9:00AM		9:00AM			30 mins
KETTLEBELL			9:45AM				60 mins
PILATES	8:15AM		9:00AM 5:00PM		8:30AM		45 mins
SILVER SNEAKERS	8:15AM	8:15AM	8:15AM	8:15AM			45 mins
SIMPLY STRENGTH						8:30AM (3RD)	45 mins
STEP						8:30AM (1ST)	60 mins
STRENGTH SESSION			10:45AM				35 mins
TAI CHI						8:15AM	45 mins
TOTAL BODY TONING	10:15AM						45 mins
TRX		5:30PM		5:30PM			60 mins
YOGA	9:30AM	9:30AM	10:15AM 6:00PM	9:30AM	9:30AM	9:30AM (1st & 3rd)	60 mins
ACTIVE AQUA WELLNESS	8:00AM 5:00PM		8:00AM 5:00PM	5:00PM	8:00AM		45 mins
DEEP WATER POWER PUMP		9:30AM		9:30AM			45 mins
MORNING FITNESS	9:30AM		9:30AM		9:30AM		45 mins

Classes are held in Studio #1.  
Indoor Quick Walk meets in the Gym.

Classes are held in Studio #3.

Classes are held in Studio #2.

Classes are held in the  
Lap or Therapy Pool.

**Active Aqua Wellness:** This is an aqua class that meant to help with coordination, movement, flexibility, core strength, and overall function of those who find it harder to tolerate the cooler water pool.

**Anything Goes:** This class is based on instructors choice! It could be any of our class formats- but will involve strength as well as cardio!

**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.

**Body Sculpt:** A barbell class that sculpts, tones and strengthens your entire body. Workout is done with weights with reps and pulses with those weights leading the workout for the entire body.

**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.

**Boot Camp:** The best group fitness atmosphere that will get you pushing your limits of endurance and strength with challenging plans each class.

**Coreworks:** 15 minutes of non-stop full core workout. Working all the abdominals and core.

**Deep Water Power Pump:** High intensity total body conditioning, cardiovascular and muscular strengthening.

Perform exercises without any straining to your body joints. Floatation belts and water resistance equipment will be used in the Lap Pool.

**Dance Fitness:** A fun workout that feels like a dance party, mixing hit music with fun choreography for a full body workout. Choreographed for EVERYONE. No dance experience is required.

**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

**Great Start Strength:** This total-body strength workout uses barbells and high repetitions to build lean muscle, improve bone health, and increase core strength. This fast-paced, full-body class will challenge you to reach your goals! Features motivating exercises and great music to leave you feeling strong and fit!

**Group Cycling/Spin:** This instructor lead class will use different riding positions and varying wheel resistance. Bikes are available on first come, first serve basis.

**Hit It! (Boxing class):** Intense Boxing routines using free standing punching bags- to kick, punch, and change up your workout that also includes high intensity cardio intervals.

**Indoor Quick Walking:** An energetic, fun fast paced 30 minutes of walking to the beat of motivating music. Class is for every fitness level and is held in the YMCA Gym.

**Instructor's Choice:** A mix of strength, TRX, Step, Aerobic training, Spin...anything goes in this class!

**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.

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

**Pelvic Floor Pilates:** A 30 minute class focused on connecting breathing with Pilates movements that aid in strengthening the pelvic floor and core, and movements that will aid in protecting and strengthening the pelvic floor into every day life and workouts.

**Pilates Barre Blend:** Combining two core strength classes of Pilates and Barre Blend-

Pilates: Proper body weight movements with coordinated breathing- a challenging, and rewarding workout.

**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.

**Step and Tone:** 1 hour class using 32 count beats per minute of a rhythmic choreographed routine on a step. This class is half step for cardio, half strength training for muscle toning using steps, weights, bands, and more.

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

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

**Simply Strength:** Using dumbbells, kettlebells, and your strength, take on this class and find out what your body can do!

**Strength Session:** A 30 minute, strength focused class- dedicating each month to specific muscle groups and learning different exercises, combinations, and groupings to vary the format of your workout and increase your understanding of strength movements!

**Tabata HIIT:** Extreme high intensity cardio class! Each interval is done on a timing basis with short rest periods in between. This is one of our intermediate classes, and cardio experience is preferred.

**TRX Suspension Training:** A Suspension workouts- an ideal mix of mobility training for strength, endurance, coordination, flexibility, power and core using weights, TRX straps, bands, bikes, and more.

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

**Yoga Strength:** Will provide all the wonderful benefits of yoga while incorporating light weights into the yoga practice to help strengthen your bones and muscles.