GROUP FITNESS SCHEDULE

UNION COUNTY FAMILY YMCA

November 1, 2026 - January 3, 2027

	MON	TUES	WED	THUR	FRI	SAT	CLASS LENGTH
ANYTHING GOES		9:30AM		9:30AM			60 mins
BODYSCULPT	5:00PM	10:45AM			9:30AM		45-60 mins
BOOTCAMP	5:00AM		5:00AM		5:00AM	8:30AM (2ND)	60 mins
CHAIR YOGA					8:15AM		60 mins
CYCLING		4:45PM				7:45AM	30-60 mins
DANCE FITNESS		5:30PM				9:30AM	45 mins
HIIT - High Intensity Interval Training	9:30AM		9:30AM				60 mins
HIT IT BOXING				6:30PM		8:30AM (4TH)	45 mins
INDOOR QUICK WALK		9:05AM		9:05AM			30 mins
PILATES BARRE			5:00PM		8:30AM		45 mins
PILATES	8:15AM		9:00AM				45 mins
POWER 45						8:30AM (3RD)	45 mins
SILVER SNEAKERS	8:15AM	8:00AM	8:15AM	8:00AM Circuit			45 mins
STEP						8:30AM (1ST)	45 mins
STRENGTH SESSION			10:45AM				35 mins
TAI CHI						8:15AM	60 mins
TOTAL BODY TONING	10:15AM						30 mins
TRX		5:30PM		5:30PM			60 mins
YOGA	9:30AM	9:30AM	9:45AM 6:00PM		9:30AM	9:30AM (1st & 3rd)	60 mins
ACTIVE AQUA WELLNESS	8:00AM		8:00AM 5:00PM		8:00AM		45 mins
DEEP WATER POWER PUMP		9:30AM		9:30AM			60 mins
MORNING FITNESS	9:30AM		9:30AM		9:30AM		60 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 atomosphere that will get you pushing your limits of endurance and strength with challenging plans each class.
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
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.
HIIT: High Intensity Interval Training - fast paced cardio intervals focused on intervals of movement and time.
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.
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.
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 45: 45 minutes of srength, conditioning, and core! A well balanced class to check all the boxes!
Silver Sneakers BOOM: a fast-paced, higher-intensity 45-minute workout series designed to improve strength, agility, and cardiovascular endurance for older adults in a shorter time frame
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.
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!
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.