



EFFECTIVE AUGUST 3, 2017

GROUP EXERCISE

RARITAN VALLEY YMCA - EAST BRUNSWICK, NJ

WC = Wellness Center
CS = Cycling Studio
GER = Group Exercise Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:15AM SPIN-CS JIM	8:00-8:45AM UPPER BODY-WC RAHMAEL	5:30-6:15AM SPIN-CS JIM	8:00-8:45AM LOWER BODY-WC RAHMAEL	9:00-9:45AM SPIN-CS ALLISON/JIM/AMANDA	
9:00-9:45AM ZUMBA GOLD-GER PAULINE	9:00-10:00AM YOGA-GER INNA	9:00-9:45AM ZUMBA-GER RAHMAEL	9:00-9:45AM SPIN-CS AMANDA	9:00-9:45AM ZUMBA-GER RAHMAEL	9:30-11:00AM YOGA & MEDITATION-GER INNA	10:00-11:00AM ZUMBA-GER STACEY
10:00-10:45AM SS-CIRCUIT-GER AMANDA	10:15-11:30AM CHAIR YOGA-GER INNA	10:00-10:45AM SS-CIRCUIT-GER AMANDA	9:00-10:00AM YOGA-GER INNA	10:00-10:45AM SS-CIRCUIT-GER AMANDA	11:00AM-1:00PM OPEN TABLE TENNIS-GER	11:00AM-1:00PM OPEN TABLE TENNIS-GER
10:50-11:35 SS-CLASSIC-GER AMANDA		10:50-11:35AM SS-CLASSIC-GER AMANDA	10:15-11:30AM CHAIR YOGA-GER INNA	10:50-11:35AM SS-CLASSIC-GER AMANDA	2:00-3:45PM Open Basketball Court	2:00-3:45PM Open Basketball Court
6:00-6:45PM SPIN-CS JIM	5:15-6:00pm STEP & SCULPT-GER AMANDA	5:15-6:00pm CIRCUIT STRENGTH-WC HARDH	5:00-5:45PM STEP & SCULPT-GER PAULINE <u>(SUSPENDED FOR AUGUST)</u>		ALL GROUP EXERCISE CLASSES INCLUDED FOR FACILITY MEMBERS. NON-MEMBERS MAY USE \$10 GUEST PASS DAILY. INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE CHILD WATCH HOURS* M-F 9AM-12PM & 4PM-7PM (ages 6wks-4yrs) M-F 4PM-7PM (ages 5yrs-12yrs) *Must pre-register with licensed child care forms to use child watch when programs are in session.	
7:15-8:15PM YOGA-GER INNA	6:00-6:45PM BEGINNER SPIN-CS JIM	6:00-6:45PM SPIN-CS ALLISON		7:00-8:00PM OPEN TABLE TENNIS-GER		
8:15-8:30PM GUIDED MEDITATION-GER INNA	8:00-8:45PM BEGINNER WEIGHTS-WC HARDH	7:15-8:15PM YOGA-GER INNA	8:00-8:45PM BEGINNER WEIGHTS-WC HARDH	8:00-9:00PM OPEN TABLE TENNIS-GER		
8:00-9:00PM Open Basketball	8:00-9:00PM Open Basketball	8:00-9:00PM Open Basketball	8:00-9:00PM Open Basketball	8:00-9:00PM Open Basketball		

Group Exercise Class Descriptions

Chair Yoga: This class combines posture, breathing, and focuses to promote strength, flexibility, stamina, balance, and relaxation to the mind and body. Please bring your own mat.

Circuit Strength: A circuit-based resistance training class aimed to improve muscular strength and mass, and tone muscles by learning how to safely use free weights, free bar and machines in the Wellness Center. This class will teach proper form and will help you create your own exercise regimen with planned structure.

Guided Meditation: Post yoga, relaxation period with deep breathing exercises and a prepared mental visualization exercise.

Lower Body Training: This class will teach participants how to safely and efficiently incorporate weight exercises into a daily routine in order to strengthen and tone the muscles. During this class, simple weight-based exercises will be demonstrated to emphasize range of motion, increase flexibility, and create a sleek physique.

Spin: An indoor cycling workout using motivational music and visualization with basic cycling movements. The instructor will be your guide, but you ultimately control your workout with resistance and pedaling speed. All new participants must arrive early for bike set-up and orientation.

SS-Circuit: Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is used for seated and/or standing support.

SS-Classic: Designed for Silver Sneakers participants to have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball is offered for resistance. A chair is used for seated and/or standing support.

Upper Body Training: This class will teach participants how to safely and efficiently incorporate weight exercises into a daily routine in order to strengthen and tone the muscles. During this class, simple weight-based exercises are demonstrated to emphasize range of motion, increase flexibility, and create a sleek physique.