



# EFFECTIVE February 12, 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
	<b>5:30-6:15AM</b> <b>SPIN-CS</b> JIM	<b>8:00-8:45AM</b> <b>UPPER BODY-WC</b> RAHMAEL		<b>8:00-8:45AM</b> <b>LOWER BODY-WC</b> RAHMAEL	<b>9:00-9:45AM</b> <b>SPIN-CS</b> ALLISON/JIM	
<b>9:00-9:45AM</b> <b>ZUMBA GOLD-GER</b> PAULINE		<b>9:00-9:45AM</b> <b>ZUMBA-GER</b> RAHMAEL		<b>9:00-9:45AM</b> <b>ZUMBA-GER</b> RAHMAEL	<b>9:30-11:00AM</b> <b>YOGA &amp; MEDITATION-GER</b> INNA	<b>10:00-11:00AM</b> <b>ZUMBA-GER</b> STACEY
<b>10:00-10:45AM</b> <b>SS-CIRCUIT-GER</b> PAULINE	<b>9:00-10:00AM</b> <b>YOGA-GER</b> INNA	<b>10:00-10:45AM</b> <b>SS-CIRCUIT-GER</b> HARDH	<b>9:00-10:00AM</b> <b>YOGA-GER</b> INNA	<b>10:00-10:45AM</b> <b>SS-CIRCUIT-GER</b> HARDH	<b>11:00AM-1:00PM</b> <b>OPEN TABLE TENNIS-GER</b>	<b>11:00AM-1:00PM</b> <b>OPEN TABLE TENNIS-GER</b>
<b>10:50-11:35</b> <b>SS-CLASSIC-GER</b> PAULINE	<b>10:15-11:30AM</b> <b>CHAIR YOGA-GER</b> INNA	<b>10:50-11:35AM</b> <b>SS-CLASSIC-GER</b> HARDH	<b>10:15-11:30AM</b> <b>CHAIR YOGA-GER</b> INNA	<b>10:50-11:35AM</b> <b>SS-CLASSIC-GER</b> HARDH	<b>2:00-3:45PM</b> Open Basketball Court	<b>2:00-3:45PM</b> Open Basketball Court
<b>6:00-6:45PM</b> <b>SPIN-CS</b> JIM	<b>5:15-6:00pm</b> <b>CIRCUIT STRENGTH-GER</b> HARDH	<b>6:30-7:15PM</b> <b>SPIN-CS</b> JIM	<b>5:00-5:45PM</b> <b>STEP &amp; SCULPT-GER</b> PAULINE	<b>7:00-9:00PM</b> <b>OPEN TABLE TENNIS-GER</b>	<b>ALL GROUP EXERCISE CLASSES ARE FOR FACILITY MEMBERS. NON-MEMBERS MAY USE \$10 GUEST PASSES DAILY</b>  <b>INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE*</b>  <b>CHILD WATCH HOURS*</b> <b>(ages 6wks-5yrs)</b> M-F 9AM-12PM & 4PM-7PM <b>(ages 5yrs-12yrs)</b> M-F 4PM-7PM *Must register with child care forms before using child watch.	
<b>7:15-8:15PM</b> <b>YOGA-GER</b> INNA	<b>6:00-6:30PM</b> <b>BEGINNER SPIN-CS</b> JIM	<b>7:15-8:15PM</b> <b>YOGA-GER</b> INNA	<b>6:00-6:45PM</b> <b>SPIN-CS</b> ALLISON/JIM			
<b>8:15-8:30PM</b> <b>GUIDED MEDITATION-GER</b> INNA	<b>8:00-8:45PM</b> <b>BEGINNER WEIGHTS-WC</b> HARDH		<b>8:00-8:45PM</b> <b>BEGINNER WEIGHTS-WC</b> HARDH			
<b>8:00-9:00PM</b> Open Basketball	<b>8:00-9:00PM</b> Open Basketball	<b>8:00-9:00PM</b> Open Basketball	<b>8:00-9:00PM</b> Open Basketball	<b>8:00-9:00PM</b> 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.