



EFFECTIVE April 22, 2018

GROUP EXERCISE

RARITAN VALLEY YMCA - EAST BRUNSWICK, NJ

CS = Cycling Studio
 WC = Wellness Center
 MPR = Multi-Purpose Room
 GER = Group Exercise Room

MONDAY 5:30am-9:00pm	TUESDAY 5:30am-9:00pm	WEDNESDAY 5:30am-9:00pm	THURSDAY 5:30am-9:00pm	FRIDAY 5:30am-9:00pm	SATURDAY 8:30am-4:00pm	SUNDAY 8:30am-4:00pm
	5:30-6:15AM SPIN-<u>CS</u> JIM	8:00-8:45AM UPPER BODY-<u>WC</u> RAHMAEL	5:30-6:15AM SPIN-<u>CS</u> JIM	8:00-8:45AM LOWER BODY-<u>WC</u> RAHMAEL	9:00-9:45AM SPIN-<u>CS</u> ALLISON/JIM/AMANDA	
9:00-9:45AM ZUMBA GOLD-<u>GER</u> PAULINE	9:00-10:00AM YOGA-<u>GER</u> INNA	9:00-9:45AM ZUMBA-<u>GER</u> RAHMAEL	9:00-9:45AM SPIN-<u>CS</u> AMANDA	9:00-9:45AM ZUMBA-<u>GER</u> RAHMAEL	9:30-11:00AM YOGA & MEDITATION-<u>GER</u> INNA	10:00-11:00AM ZUMBA-<u>MPR</u> STACEY
10:00-10:45AM SS-CIRCUIT-<u>GER</u> AMANDA	10:15-11:30AM CHAIR YOGA-<u>GER</u> INNA	10:00-10:45AM SS-CIRCUIT-<u>GER</u> AMANDA	9:00-10:00AM YOGA-<u>GER</u> INNA	10:00-10:45AM SS-CIRCUIT-<u>GER</u> AMANDA	11:00AM-1:00PM OPEN TABLE TENNIS-<u>GER</u>	11:30AM-1:30PM OPEN TABLE TENNIS-<u>GER</u>
10:50-11:35 SS-CLASSIC-<u>GER</u> AMANDA		10:50-11:35AM SS-CLASSIC-<u>GER</u> AMANDA	10:15-11:30AM CHAIR YOGA-<u>GER</u> INNA	10:50-11:35AM SS-CLASSIC-<u>GER</u> AMANDA	2:00-3:45PM Open Basketball Court	2:00-3:45PM Open Basketball Court
6:00-6:45PM SPIN-<u>CS</u> JIM	5:15-6:00pm STEP & SCULPT-<u>GER</u> AMANDA	6:00-6:45PM SPIN-<u>CS</u> ALLISON			GROUP EXERCISE CLASSES ARE INCLUDED WITH FULL FACILITY MEMBERSHIP AND \$10 DAILY GUEST PASSES. INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE CHILD WATCH HOURS* (ages 6wks-5yrs) M-F 7AM-12PM & 4PM-7PM (ages 5yrs-12yrs) M-F 4PM-7PM *Must pre-register and add child watch fees to membership dues. See child care website for details.	
7:15-8:15PM YOGA-<u>GER</u> INNA	6:00-6:45PM BEGINNER SPIN-<u>CS</u> JIM	7:15-8:15PM YOGA-<u>GER</u> INNA		6:00-9:00PM OPEN TABLE TENNIS-<u>GER</u>		
8:15-8:30PM GUIDED MEDITATION-<u>GER</u> INNA				6:00-9:00PM OPEN TABLE TENNIS-<u>GER</u>		
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.