



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