

Group Fitness



January 5th - February 28th, 2026

the

M TU W TH F S S

9:00-9:45am (AR)
SS - CIRCUIT 1
CAROLANN

9:00-9:45am (AR)
STEP AEROBICS
ALLISON

9:00-9:45am (AR)
SS - CIRCUIT 2
CAROLANN

9:00-9:45am (SR)
SPIN
Allison

7:15-8:00AM (AR)
Strength & Stretch
SANDRA

9:15-10:45am (AR)
YOGA &
MEDITATION
INNA

10:00-10:45 (AR)
SS- BOOM
MUSCLE
ALLISON

10:00-11:15am (AR)
CHAIR YOGA
INNA

10:00 - 10:30am
(AR)
SS - STABILITY
CAROLANN

10:00-10:45 (AR)
Mid Morning
Strength Training
Gina

9:00-9:45am (AR)
SS - BOOM MOVE
ALLISON

*Classes are
subjected to
change -
Updated: 1/2/2025

Raritan Valley YMCA

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11:00-12:15pm (AR)
CHAIR YOGA
INNA

Raritan Valley YMCA

6:00-7:00pm (AR)
FLOOR MAT
PILATES SANDRA

6:00-7:00pm (AR)
ZUMBA / BOLLY X
SHIPRA

6:00-7:00pm (AR)
YOGA &
MEDITATION
INNA

6:00-7:00pm (AR)
ZUMBA TONING
SANDY

KEY:
AR = AEROBICS
ROOM

GYM = COURT

BR = BACKROOM

YELLOW = NEW
CLASS

RED = NEW
TIME/DAY

BLUE = FEE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Class Description:

Chair Yoga

Move your whole body through a complete series of yoga. Chair yoga is supporting individuals for a safe experience. It provides the ability to perform a variety of seated and standing postures designed to increase flexibility, balance, range of movement while reducing anxiety and stress.

Silver Sneakers – CIRCUIT

Designed for Silver Sneakers participants to combine fun with fitness to increase your cardiovascular and muscular endurance with a standing circuit workout. A chair is also used for seated and/or standing support.

Silver Sneakers – Stability

Focused on improving balance, this standing class uses chair support to advance cognition and fall prevention skills.

Silver Sneakers – Boom Move

A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

Sliver Sneakers – Boom Muscle

MUSCLE incorporates athletic exercises that boost overall fitness. Move through muscle conditioning blocks and activity – specific drills to improve strength and functional skills.

Spin

Build strength, improve cardiovascular endurance and burn calories with this cycling workout. Our fitness instructor will challenge you with multi-level and intense intervals on our stationary bikes.

Yoga & Meditation

Through guided poses and a focus on controlled, mindful breathing will help people of all exercise levels find balance. This class combines the perfect blend of relaxation, posture, and breathing. It will also promote flexibility, stamina, and peace to the mind and body. We do ask that you bring your own mat.

Zumba

The world's largest and exciting Latin dance-based fitness program. Just bring a towel and water while the instructor will take care of the music and making sure that every class is like a party!

Step Aerobics

A cardio workout that involves stepping up, around, and down from a raised platform. The platform is usually 4 to 12 inches high. The moves range from simple to advanced. This is to help improve cardio fitness and coordination and are easier on the joints than other cardio exercises like running. The class begins with a dynamic warmup, followed by active, choreographed cardiovascular exercises targeting different muscle groups.

Floor Mat Pilates

The type of exercises that on strengthening and toning muscles through mat-based movements. It is a low-impact resistance training that is used to improve posture, increase flexibility, and improve muscle tone. The Pilates method emphasizes correct posture, alignment of the spine and core strength.

Box N Burn

A high-energy workout that combines boxing-inspired movements with strength and conditioning exercises for a full-body burn.

Athlete Recovery

A restorative class focused on stretching, mobility, and muscle relief to help your body recover, reset, and perform at its best.