



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## YMCA at PISCATAWAY COMMUNITY CENTER

# GROUP EXERCISE SCHEDULE

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---|---|---|--|---|--|--|
| 9:00-9:55am<br><b>Cardio Kickboxing</b><br>Neil- DS<br><br>10:00-10:55am<br><b>Zumba</b><br>Candice- DS<br><br>9:30-10:20am<br><b>Group Cycling</b><br>Amanda- CR | 9:30-10:20am<br><b>Step &amp; Sculpt</b><br>Amanda- DS<br><br>10:30-11:25am<br><b>Pilates</b><br>Candice- DS  | 7:00-7:55am<br><b>Power Yoga</b><br>Jamie- DS<br><br>8:00-8:55am<br><b>Retro Low-Impact Aerobics</b><br>Kathi- DS<br><br>9:00-9:55am<br><b>Strength and Tone</b><br>Kathi- DS<br><br>10:00-10:50am<br><b>Yoga</b><br>Kathi- DS<br><br>11:00-11:55am<br><b>Fit for Life</b><br>LiHan- DS | 9:00-9:55am<br><b>Zumba Gold</b><br>Lisa- DS<br><br>9:30-10:20am<br><b>Group Cycling</b><br>Amanda- CR<br><br>11:00-11:55am<br><b>Chair Yoga</b><br>Kathi- DS  | 9:30-10:20am<br><b>Cardio BOOM</b><br>Amanda- DS<br><br>10:30-11:25am<br><b>Zumba Gold Toning</b><br>Lisa- DS | 8:00-8:50am<br><b>Yogalates</b><br>Candice- DS<br><br>9:00-9:55am<br><b>Zumba</b><br>Candice- DS<br><br>10:30-11:30am<br><b>Group Cycling</b><br>Ramya- CR | 8:00-8:55am<br><b>HIIT</b><br>Neil- DS<br><br>9:00-9:55am<br><b>Yoga</b><br>Cheryl- DS |
| EVENING   |   |   |  |   |  |  |
| 6:00-6:55pm<br><b>Zumba Toning</b><br>Lisa- BC<br><br>6:00-6:50pm<br><b>Group Cycling</b><br>Elizabeth- CR<br><br>7:15-8:00pm<br><b>Total Body</b><br>Eleonor- DS | 6:00-6:55pm<br><b>Hip Hop Mash-Up</b><br>Monique- DS<br><br>7:00-7:55pm<br><b>Yoga Fusion</b><br>Monique - DS | 5:00-5:55pm<br><b>HIIT</b><br>Neil- DS<br><br>5:45-6:45pm<br><b>Group Cycling</b><br>Ramya- CR<br><br>6:00-6:55pm<br><b>Zumba</b><br>Lisa- DS<br><br>7:00-7:55pm<br><b>Yoga</b><br>Alaina- DS   | 6:00-6:50pm<br><b>Zumba</b><br>Elizabeth- BC<br><br>7:15-8:00pm<br><b>Group Cycling</b><br>Elizabeth- CR<br><br>6:00-6:55pm<br><b>Yoga</b><br>Cheryl-DS<br><br>7:00-7:55pm<br><b>Barre</b><br>Cheryl- DS |   |  |  |

**ROOM KEY**

BC- Basketball Court  
 CR- Cycling Room  
 DS- Dance Studio  
 MPR- Multi-Purpose Room

Schedule is subject to change.

- Be advised that you should consult a physician prior to starting an exercise program.
- We recommend bringing your own yoga/fitness mat.
- Cycling classes have a 12 person capacity. Members must get a number 15 minutes prior to class from the front desk to reserve your seat in the class.
- Classes are first come first served and subject to capacity limits.



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# CLASS DESCRIPTIONS

**Cardio BOOM** - A medium-intensity dance fitness class

**Cardio Kickboxing** - Integrates kicks, punches, and other kickboxing movements with cardiovascular and strengthening movements for a fun workout

**Fit for Life** - Includes cardiovascular, strength and flexibility designed so participants establish their own goals so people of all ages and levels will fit right in

**Group Cycling** - Instructor led non-impact cardio ride on specialized bikes, simulating road bike work outs to music. You can work at your own level by adjusting the tension on the bike. Limited bikes are available

**HIIT** - A high-intensity interval training class that exercises your whole body

**Hip Hop Mash-up** - A combination of cardio and strength training set to your favorite hip-hop songs

**Pilates** - A body conditioning routine puts emphasis on spinal and pelvic alignment, breathing, and developing a strong core or center, and improving coordination and balance

**Power Yoga** - A fast-paced cardiovascular workout focused on building strength and flexibility in the body through high-impact yoga postures

**Retro Low-Impact Aerobics** - A cardiovascular workout set to retro music, great for all ages

**Step & Sculpt** - A great total body cardiovascular workout utilizing an adjustable step platform and weights

**Strength & Tone** - Includes a variety of modalities to strengthen and tone your body

**Total Body** - A high-intensity fitness class that works out your whole body

**Yoga** - Increases flexibility and builds strength through various poses and postures while promoting harmony of mind, body, and spirit. It helps improve posture, rejuvenate energy levels, relieve stress, and reduce fatigue and/or chronic pain

**Yoga Fusion** - Incorporates various styles of yoga and other strengthening and centering exercises

**Yogalates** - Combines yoga and Pilates movements into a lengthening and strengthening exercise class for your whole body

**Zumba** - A dynamic and fun aerobic dance class set to a fusion of Latin and International music

**Zumba Gold** - Utilizes simpler steps that are lower impact

**Zumba Toning** - Incorporates strengthening exercises using light hand weights with the dance routines found in Zumba