



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 Cardio Kickboxing Neil- DS 10:00-10:55am Zumba Candice- DS 9:30-10:20am Group Cycling Amanda- CR	9:30-10:20am Step & Sculpt Amanda- DS 10:30-11:25am Pilates Candice- DS	7:00-7:55am Power Yoga Jamie- DS 8:00-8:55am Retro Low-Impact Aerobics Kathi- DS 9:00-9:55am Strength and Tone Kathi- DS 10:00-10:55am Yoga Cindy- DS 11:00-11:55am Fit for Life Cindy- DS	9:00-9:55am Zumba Gold Lisa- DS 9:30-10:20am Group Cycling Amanda- CR 11:00-11:55am Chair Yoga Kathi- DS	9:30-10:20am Cardio BOOM Amanda- DS 10:30-11:25am Zumba Gold Toning Lisa- DS	8:00-8:50am Yogalates Candice- DS 9:00-9:55am Zumba Candice- DS 10:30-11:30am Group Cycling Ramya- CR	8:00-8:55am HIIT Neil- DS 9:00-9:55am Yoga Cheryl- DS
EVENING						
6:00-6:55pm Zumba Toning Lisa- BC 6:00-6:50pm Group Cycling Elizabeth- CR 7:15-8:00pm Total Body Eleonor- DS	6:00-6:55pm Hip Hop Mash-Up Monique- DS 7:00-7:55pm Yoga Fusion Monique - DS	5:45-6:45pm Group Cycling Ramya- CR 6:00-6:55pm Zumba Lisa- DS 7:00-7:55pm Yoga Alaina- DS	6:00-6:50pm Zumba Elizabeth- BC 7:15-8:00pm Group Cycling Elizabeth- CR 6:00-6:55pm Yoga Cheryl-MPR 7:00-7:55pm Pilates 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA at PISCATAWAY COMMUNITY CENTER

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