AUGUST 17 – 23, 2020

FITNESS SCHEDULE

FREEHOLD FAMILY YMCA | OUTDOOR & AQUA CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM **BOOTCAMP** w/ Abby	7:00 AM **CYCLING** w/ Abby	8:30 AM **TABATA** w/ Morrisa	7:00 AM **CYCLING** w/ Michele	8:00 AM **20/20/20** w/ Felicia
9:30 AM **YOGA** w/ Leela	7:00 AM **AQUA FIT** w/ Christina	10:00 AM **YOGA** w/ Leela	7:00 AM **AQUA FIT** w/ Christina	9:30 AM **ZUMBA** w/ Gurdeep
5:00 PM **TABATA** w/ Abby	8:00 AM **AQUA FIT** w/ Christina	5:00 PM **FLOOR, CORE & MORE** w/ Abby	8:00 AM **AQUA FIT** w/ Christina	
	8:30 AM **TOTAL BODY** w/ Morrisa		8:30 AM **TOTAL BODY** w/ Michele	
	10:00 AM **YOGA** w/ Leela			

RED BANK FAMILY YMCA | OUTDOOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 AM **SENIOR FITNESS** w/ Kim	7:00 AM **CYCLING** w/ Heather	7:00 AM **PILATES** w/ Judy	8:00 AM **LES MILLS BODY PUMP** w/ Heather	8:30 AM **SENIOR FITNESS** w/ Kim
9:30 AM **THE MINUTE BLAST** w/ Jenny	8:15 AM **HIIT** w/ Jenny | Judy	8:30 AM **SENIOR FITNESS** w/ Kim	9:15 AM **SAMBA BELLY FITNESS** w/ Eryka	**SATURDAY**
	10:30 AM – 4:00 PM **OPEN PICKLEBALL** By Registration		10:30 AM – 4:00 PM **OPEN PICKLEBALL** By Registration	7:00 AM **CYCLING** w/ Tom
	5:30 PM **LES MILLS BODY PUMP** w/ Judy		5:30 PM **CYCLING** w/ Tom	

OLD BRIDGE FAMILY YMCA | OUTDOOR & AQUA CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM **TABATA** w/ Val	7:00 AM **CYCLING** w/ Arpita	7:00 AM **HIIT** w/ Val	7:00 AM **CYCLING** w/ Arpita	7:00 AM **TOTAL BODY** w/ Val
8:00 AM – 8:45 AM **AQUA ZUMA** w/ Danit	8:00 AM **TOTAL BODY** w/ Debi	8:00 AM – 8:45 AM **AQUA FIT** w/ Tracy S	8:00 AM **20/20/20** w/ Debi	8:15 AM – 9:00 AM **JOINTS IN MOTIONS** w/ Chris W
9:00 AM **ZUMBA GOLD** w/ Danit		9:00 AM **WALK & TONE** w/ Tracy S		
		6:00 PM **INSANITY** w/ Tracy N		

Welcome Back to the Y!

CLASS DESCRIPTIONS

20/20/20 – The ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training and 20 minutes of stretching and core work.

AQUA FIT – A great aerobic workout while toning muscles and improving flexibility and coordination.

AQUA ZUMBA – Water-based workout integrating the Zumba formula & philosophy with traditional aqua fitness. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. The levels can be modified based on your own pace/intensity.

BOOTCAMP – A combination of cardio and strength that will keep you on your toes! There is no format so every class is different! From intervals to sprints & strength exercises, your instructor becomes a drill sergeant challenging you to new heights!

CYCLING – Motivating instructors and energizing music will give you an outdoor ride experience in a class setting. Learn to achieve your target heart rate and improve cardio fitness.

FLOOR, CORE & MORE – Addresses core strength, muscle endurance, range of motion/flexibility, joint stability, balance, coordination and more

FOREVER FITNESS – For our active adults; this class focuses on aerobic, strength, flexibility, balance and functional exercise that's energetic and fun!

HIIT – (High-Intensity Interval Training) is one of the best ways to improve your fitness! In this class you will work hard at your level alternating between intense bursts of activity and less-intense bursts of activity.

INSANITY – Involves high intensity interval body weighted workout.

JOINTS IN MOTION – Class emphasis is on improving range of motion in joints, strength and balance.

LES MILLS BODY PUMP – A barbell class that strengthens your entire body, challenges all your major muscle groups by using the best weight room exercises to get great results!

PILATES MAT – Improve your posture while creating long lean muscles and strengthening your core muscles and back while increasing flexibility with classic Pilates movements.

SAMBA BELLY FITNESS – A dynamic fat burning cardio workout blast incorporating belly dance, Samba, Latin, Dance Hall, Afro-Caribbean, Hip-hop and Bollywood.

SENIOR FITNESS – Low impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities.

TABATA – one of the most popular forms of high-intensity interval training (HIIT). It consists of eight rounds of ultra-high-intensity exercises in a specific 20-seconds-on, 10-seconds-off interval.

THE MINUTE BLAST – Intervals of cardio and strength training exercises done in 1 minute increments. Great way to burn calories and tone the entire body.

TOTAL BODY – provide whole body workouts that focus equally on strengthening exercises, aerobic exercise and endurance.

WALK & TONE – Walking briskly on our trail with use light free weights.

YOGA – Focus on the classic poses, building on the basics with emphasis on alignment of the standing, sitting, and twisting poses.

ZUMBA – Zumba is a Latin Dance inspired cardio workout. High energy, motiving music and unique moves.

ZUMBA GOLD – Great for active older adults looking for a modified Zumba® class at a lower intensity that introduces easy-to-follow choreography with a focus on balance, range of motion, and coordination.

ZUMBA GOLD TONING – blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks to shake up those music.

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Here for all.
Financial assistance is offered based on availability of funds.