

OCTOBER 26–NOVEMBER 1, 2020



FITNESS & AQUA FIT SCHEDULE

FREEHOLD FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM BOOTCAMP w/ Abby (Gym Side B)	7:00 AM CYCLING w/ Abby (Racquetball Court)	9:00 AM TOTAL AQUA w/ Christina (Dittmar)	7:00 AM AQUA FIT w/ Christina (Dittmar)	9:30 AM ZUMBA w/ Gurdeep (Outside)*	8:00 AM BOOTCAMP w/ Larissa (Gym Side B)
9:00 AM TOTAL AQUA w/ Christina (Dittmar)	7:00 AM AQUA FIT w/ Christina (Dittmar)	10:00 AM ZUMBA w/ Gurdeep (Outside)*	7:30 AM CYCLING w/ Michele (Racquetball Court)	*In case of rain class will be held In Gym Side B.	
9:30 AM YOGA w/ Leela (Gym Side B)	8:00 AM AQUA FIT w/ Christina (Dittmar)	5:30 PM FLOOR, CORE & MORE w/ Abby (Gym Side B)	8:00 AM AQUA FIT w/ Christina (Dittmar)		
10:30 AM SILVER SNEAKERS w/ Felicia (Gym Side B)	9:30 AM ARMS, BUTTS & CORE w/ Abby (Gym Side B)		9:30 AM TOTAL BODY w/ Michele (Gym Side B)		
5:30 PM REZIST W/CORE w/ Abby (Gym Side B)	10:30 AM CHAIR YOGA w/ Leela (Gym Side B)		10:30 AM YOGA w/ Leela (Gym Side B)		

RED BANK FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM THE MINUTE BLAST w/ Jenny	6:30 AM CYCLING w/ Heather	8:30 AM STRENGTH & BALANCE w/ Alison B.	6:30 AM PILATES w/ Judy	8:30 AM HIIT w/ Jenny	7:30 AM CYCLING w/ Tom
10:00 AM SENIOR FITNESS w/ Kim	8:00 AM LES MILLS BODY PUMP w/ Heather	10:00 AM SENIOR FITNESS w/ Kim	8:00 AM LES MILLS BODY PUMP w/ Heather	10:00 AM SENIOR FITNESS w/ Kim	9:15 AM YOGA w/ Remedios Q.
10:15 AM - 11:00 AM AQUA FIT (6 people max)	9:15 AM GENTLE YOGA w/ Remedios Q	10:15 AM - 11:00 AM AQUA FIT (6 people max)	9:15 AM ZUMBA w/ Eryka		10:30 AM BOOT CAMP w/ Lori A.
	10:30 AM - 4:00 PM OPEN PICKLEBALL By Registration		10:30 AM - 4:00 PM OPEN PICKLEBALL By Registration		11:30 AM LES MILLS GRIT w/ Lori A.
	5:30 PM LES MILLS BODY PUMP w/ Judy		5:30 PM CYCLING w/ Tom		

OLD BRIDGE FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM CYCLING w/ Val	6:00 AM CYCLING w/ Arpita	6:00 AM CYCLING w/ Val	6:00 AM CYCLING w/ Arpita	6:00 AM TOTAL BODY w/ Val	8:30 AM CYCLING w/ Elisa
6:45 AM HIIT w/ Val	6:00 PM YOGA w/ Anjali	6:45 AM TABATA w/ Val	8:30 AM 20/20/20 w/ Debi	8:00 AM - 9:00 AM JOINTS IN MOTIONS w/ Chris	9:30 AM ZUMBA w/ Tracy
8:00 AM - 8:45 AM AQUA ZUMA w/ Danit		9:30 AM BARRE w/ Diane (Indoors)	6:00 PM INSANITY w/ Tracy N.		
9:30 AM CHAIR PILATES w/ Diane		11:00 AM ZUMBA GOLD w/ Tracy			
6:00 PM PILATES FUSION w/ Diane					

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.

ABC (ARMS, BUTT & CORE) – Exercises pertaining to arms, butt and core. You will rethink the way you define fatigue and find new boundaries that challenge your muscular endurance and strength.

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.

BARRE – A workout class combining ballet-inspired moves with elements of Pilates, dance, yoga and strength training.

BODY BLAST – Increase strength, sculpt/tone muscles and challenge your cardiovascular system.

BODY WORKS + ABS – Sculpt and tone your body in this total body class which also emphasizes on your abs!

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!

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

CHAIR YOGA – For our older adult population; this is a gentle class incorporating range of movement exercises, alignment, stretching, strengthening, awareness, breathing and relaxation to refresh, energize, improve posture, deepen breathing and improve sense of well-being. A chair-supported base.

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!

LES MILLS GRIT – An intense 30 minute HIIT class consisting of three formats: cardio, plyometric, or strength. These programs are designed to train you like an athlete for tremendous results.

PILATES FUSION – Incorporates exercises from different workout styles including barre, yoga, strength training and cardio to give a modern twist to traditional Pilates.

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

REZIST WITH CORE – A unique workout that combines 20 dumbbell movements performed for 1 minute with only 20 seconds of rest between each movement.

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 obalance exercises. Open to all ages and abilities.

SILVER SNEAKERS – Have fun and move to the music through a variety of exercises to increase muscular strength, range of motion and activity for daily living skills. Hand held weights and a ball are offered for resistance and a chair is used for seated and/or standing support.

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 AQUA – A challenging cardio workout to enhance stamina, muscular fitness and strengthening.

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.



1020-5354.01-THO

YMCA OF GREATER MONMOUTH COUNTY

170 Patterson Avenue
Shrewsbury, NJ 07702

732.671.5505
info@ymcanj.org

YMCA NJ.org


Here for all.

Financial assistance is offered based on availability of funds.