



# Red Bank Family YMCA GROUP FITNESS SCHEDULE Spring 2: April 1 – May 31, 2024

♥ - Active Older Adults

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00am (S2) Body Pump Darlene	6:00-7:00am (C) Cycling Heather		7:00-8:00am (C) Cycling Sandra	6:00-6:30am HIIT Express Darlene		
	7:00-8:00am (S1) Pilates Lauren		7:00-8:00am (S1) Pilates Lauren			
	8:30-9:30am (S2) Body Pump Judy		8:30-9:30am (S2) Body Pump Judy		7:30-8:30am (c) Cycling Jamie	
9:00-10:00am (S2) Boxing Buddha Dawn	9:35-10:35am Cycling Judy	9:00-9:45am (S2) Total Body Blast Jessica	9:35-10:35am Cycling Judy	9:00-9:30am (S2) HIIT Express Jessica	9:00-10:00am (S2) ZUMBA Lilian	8:30-9:30am (S1) Pilates Lauren
9:30-10:30am (S1) Pilates Judy			10:00-11:00am (S1) ZUMBA Eryka	9:45-10:30am (S2) Barre Jessica		9:00-10:00am (S2) Body Pump Lori
10:00-10:45am (G) Senior Fitness ♥ Kim	10:30-11:45am (S1) Gentle Yoga Remedios	10:00-10:45am (G) Senior Fitness ♥ Kim	11:00-12:00pm (S1) Belly Dancing Eryka	10:00-10:45am (G) Senior Fitness ♥ Kim	9:30-10:30am (S1) Hatha Yoga Remedios	10:05-11:05am (S2) Boot Camp Lori
	11:15-12:00pm (S2) Senior Fit Plus♥ Nancy		11:15-12:00pm (S2) Seniors Fit Plus♥ Nancy		10:30-11:30am (C) Cycling Sandra	10:30-11:45am (S1) Gentle Yoga Remedios
11:00-11:45am (S1) Stretch & Flex Kim	12:15-1:15pm (S2) Chair Yoga♥ Remedios	11:00-11:45am (S2) Stretch & Flex Kim	12:15-1:15pm (S2) Chair Yoga ♥ Remedios	11:00-11:45am (S1) Stretch & Flex Kim		
	1:00-2:00 pm (S1) ZUMBA Toning Gold♥ Eryka					
			5:00-5:30pm(S2) HIIT Express Lori			
5:30-6:15pm (C) Cycling Michele	5:30-6:30pm (S2) Body Pump Tamara	5:30-6:15pm (C) Cycling Jamie	5:40-6:40pm (S2) Body Pump Lori	<b>Group Fitness schedules are subject to change. Please visit the YMCA website for the most up to date information.</b>		
	6:00-7:00pm (S1) Pilates Fusion Dawn		5:30-6:30pm(S1) Pilates Linda			
6:30-7:30pm (S2) Bootcamp Michelle		5:30-6:30pm (S2) Bootcamp Lori				

## RED BANK FAMILY YMCA | GROUP FITNESS CLASS DESCRIPTIONS



**Barre**— A low impact, muscular endurance workout that focuses on high repetitions and small isometric movements. No ballet experience required.

**Belly Dancing** – Suitable for beginners and dancers wanting to refine the basics. This class introduces students to the rich repertoire of moves that make belly dance a beautiful and expressive art form.

**Bootcamp** – A combination of cardio and strength that will keep you on your toes! Every class is different. From intervals to sprints & strength exercises, your instructor becomes a drill sergeant challenging you to new heights.

**Boxing Buddha** -Discover the powerful fusion of yoga and boxing, a holistic approach that channels the fiery spirit of a warrior followed by the serene grounding of a yogi. This unique 60-minute class is divided into two distinct segments: we begin with an invigorating boxing session, where you'll jab, cross, and hook your way to unlock your inner fighter's fierce stamina and strength. Then, as the intensity ebbs, you'll transition into a restorative yoga practice, moving through poses that deepen your breath, stretch your muscles, and anchor your mind in peaceful stillness. Through this dynamic combination, you'll experience a full spectrum workout that harmonizes body and mind.

**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. Involves 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.

**Gentle Yoga** – Slow down, breathe and relax. Gentle Yoga is performed at a slower pace with less intense positions.

**Hatha Yoga** – Focused on grounding and balance, slow down your postures and connect with your breathing.

**HIIT** (High-Intensity Interval Training) – One of the best ways to improve your fitness! You will work hard at your level alternating between intense and less-intense bursts of activity.

**LES MILLS BODY PUMP®** – A barbell class that strengthens your entire body and challenges all your major muscle groups by using the best weight room exercises to get great results. (Express version —45minutes)

**Pilates** – Improves flexibility, builds strength, and develops control and endurance in the entire body.

**Senior Fitness** – Low-impact aerobics fused with light weight training and balance exercises. Open to all ages and abilities

**Senior Fitness Plus**— Senior Fit Plus welcomes active seniors looking for more of a challenge. Using weights, stretch bands, balls and other props, the emphasis is on building strength and maintaining proper alignment. Class is held in a more intimate pace, allowing the instructor to offer corrections based on observation.

**Stretch & Flex** – Using active and passive stretching, focus on your breath and releasing tension throughout the body. This class will help you deepen your posture, improve flexibility, and increase your range of motion.

**Total Body Blast** – Pairing strength training with HIIT builds cardiovascular fitness while improving muscular strength and endurance. Push your limits and walk out feeling strong.

**Vinyasa Flow** - Vinyasa describes continuous or dynamic movements between yoga poses. Vinyasa can help increase flexibility, strength, stability, calmness, and focus..

**ZUMBA®** – A Latin dance inspired cardio workout. High energy, motivating music and unique moves.

**ZUMBA Toning Gold** - Tailored for active older adults who want to focus on muscle conditioning and light-weight activity, Zumba Gold Toning blends low-intensity strength training with a fun party atmosphere.