



Red Bank Family YMCA GROUP FITNESS SCHEDULE Summer: June 1 – August 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00–7:00am (S2) Body Pump Darlene	6:00–7:00am (C) Cycling Heather	NEW! 6:00–7:00am (S2) Body Pump Jess McGrail	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			
NEW! 8:30–9:15a (S1) HIIT & Kick Dawn	8:30–9:30am (S2) Body Pump Judy	NEW! 9:00–9:30am (S2) HIIT Express Jess MacDonald	8:30–9:30am (S2) Body Pump Judy	NEW! 9:00–9:45am (S2) Total Body Blast Jess MacDonald	7:30–8:30am (c) Cycling Jamie	
9:30–10:30am (S1) Pilates Judy	9:35–10:35am Cycling Judy	NEW! 9:45–10:30am (S2) Barre Jess MacDonald	9:35–10:35am Cycling Judy		NEW! 8:00–8:45a (S2) Body Pump Express Jess McGrail	8:30–9:30am (S1) Pilates Lauren
	10:30–11:45am (S1) Gentle Yoga Remedios		10:00–11:00am (S2) ZUMBA Eryka		9:00–10:00am (S2) ZUMBA Lilian	9:00–10:00am (S2) Body Pump Lori
10:00–10:45am (G) Senior Fitness Kim	11:15–12:00pm (S2) Senior Fit Plus Patty	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
11:00–11:45am (S1) Stretch & Flex Kim		11:00–11:45am (S2) Stretch & Flex Kim		11:00–11:45am (S1) Stretch & Flex Kim	10:30–11:30am (C) Cycling Sandra	10:30–11:45am (S1) Gentle Yoga Remedios
	12:15–1:15pm (S2) Chair Yoga Remedios		12:15–1:15pm (S2) Chair Yoga Y Remedios			
	1:00–2:00 pm (S1) ZUMBA Toning Gold Eryka					
	NEW! 5:00–5:30pm HIIT Express Tamara		5:00–5:30pm(S2) HIIT Exp. Lori			
5:30–6:15pm (C) Cycling Michele	5:30–6:30pm (S2) Body Pump Tamara	5:30–6:30pm (S2) Bootcamp Lori	5:40–6:40pm (S2) Body Pump Lori			
6:30–7:30pm (S2) Bootcamp Michelle		NEW! 6:00–7:00pm (S1) Pilates Fusion Dawn				

Group Fitness schedules are subject to change. Please visit our website for the most up-to-date information.

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.

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.

HIIT & Kick—Kick, punch, and sweat your way through this fun combination class where high intensity interval training meets cardio kick boxing.

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.