



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY



# 2017 WINTER/SPRING GROUP EXERCISE

2/27/17—4/22/17



## MONDAY

10:00-11:00am  
 SilverSneakers (359)  
 Melanie

6:15 – 7:00pm  
 Boot Camp  
 (431) Gym  
 Shane **NEW INSTRUCTOR**

6:30 – 7:15pm  
 Xtreme Cardio  
 (431) Green  
**NEW LOCATION**  
 Arabia

6:45 – 7:30pm  
 Aroma Yoga  
 (431) Purple  
 Kenya

7:15 – 8:00pm  
 Hot Hula  
 (431) Green  
**NEW LOCATION**  
 Nichelle

## TUESDAY

10:00-11:00am  
 SilverSneakers (359)  
 Melanie

5:45 – 6:30pm  
 Zumba  
 (359)  
 Moniquea

6:00-6:45pm  
 SPIN  
 (431) Green  
 Dan

6:30 – 7:15pm  
 Hip Hop Dance Party  
 (431) Purple  
 Anna

7:00 – 7:45pm  
 DISCO SPIN  
 (431) Green  
 w/ Arabia

## WEDNESDAY

10:00-11:00am  
 SilverSneakers (431)  
 Melanie

5:45 – 6:30pm  
 Women and Weights  
 (431) Wellness Ctr  
 Janice

6:30 – 7:15pm  
 Gospel Boot Camp  
 (359)  
 Traci

6:45 – 7:30pm  
 Aroma Yoga  
 (431) Purple  
 Kenya

7:15 – 8:00pm  
 Hot Hula  
 (359)  
 Nichelle

## THURSDAY

5:45 – 6:30pm  
 Body Works (359)  
 Leslie

7:00-8:00pm  
 LINE DANCE CLASS  
 (431) Purple Room  
 With EV'E

## FRIDAY

10:00-11:00am  
 SilverSneakers (359)  
 Melanie

## SATURDAY

9:15-10:00am  
 Aroma Yoga  
 (431) Purple  
 Kenya

9:15 – 9:45am  
 Abs Galore  
 (359)  
 Arabia

9:45 – 10:15am  
 Butt n More (359)  
 Arabia

10:15 – 11:00am  
 Cardio & Core  
 (359)  
 Traci

11:00 – 11:45am  
 Zumba  
 (359)  
 Moniquea

### Fitness Class Locations

431 = 431 Pennington Ave  
 359 = 359 Pennington Ave.  
 Purple = purple room  
 Green = green room

All classes are FREE to YMCA Full Facility Members.  
 Program and Non-Members may participate in group  
 exercise classes for a \$10  
 guest pass fee.

\*Instructors are subject to change without notice\*

**CLASS DESCRIPTIONS ON THE BACK!**

## Group Exercise Class Descriptions

The Trenton YMCA offers group exercise classes led by certified fitness instructors. Each class will help increase cardiovascular strength and endurance while improving flexibility, tone muscle, reduce stress and burn calories.

B = Beginner I = Intermediate A = Advanced

**Abs Galore** (B,I,A) This 30 minute class is just what it states abs, abs and nothing but abs. Saturdays 9:15am (359)

**Body Works/Cardio** (B,I,A) A combination of strength, toning, cardiovascular conditioning and flexibility to provide a total body workout. No two classes are ever the same. Thursday 5:45pm (359)

**Boot Camp/Gospel Boot Camp**(B,I,A) Interval training with long bursts of maximum-intensity exercises and short periods of rest. You will alternate between aerobic and anaerobic intervals performed at your MAX. Monday 5:45pm & Wednesday 6:30pm (359)

**Butt n More** (B,I,A) In just 30 minutes in this class you can begin to drop those unwanted inches in all the trouble spots. Saturday 9:45am (359)

**Cardio & Core** (B,I,A) Are you looking to burn fat, tone muscle and reduce stress? Look no further we have just what you are looking for. Sat 10:00 am (359)

**Hip Hop Dance Party** (B,I,A) You always wanted to dance but never joined a dance class. This is exactly the class you were waiting for. In this 45 minute class you will learn the newest hip hop dance choreography, burn calories and have fun doing it. Tuesday 6:30 pm (359)

**HOT HULA** (B,I,A) Hot Hula fitness the newest fitness craze is a "total body workout" in 45 minutes incorporating easy to follow dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music. Monday & Wednesday 7:15pm, Saturday 11:00am (359)

**Kids Fit** (B,I,A) Not your average exercise class designed specifically for youth ages 5-12. This class consists of 45 minutes of fun and fitness with music to get your child moving toward a healthier lifestyle. (431)

**Line Dancing** (B,I,A) Line dancing is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines. Thursday 7:00 pm (431)

**SilverSneakers/Senior Fitness** (B,I,A) SilverSneakers/Senior Fitness is a fitness program designed specifically for our members who are Medicare beneficiaries. SilverSneakers is a fitness program designed specifically to address the needs of our senior population and will increase their cardiovascular strength and endurance. We also help our members improve their muscular strength, muscular endurance and increase their flexibility. Call to see if you qualify for a FREE YMCA membership. Monday, Tuesday, Wednesday and Friday 10:00am (359)

**SPIN** – (B,I,A) Cycling incorporates various types of riding techniques and simulates an outdoor ride filled with hills, sprints and other terrains all done to some of the hottest tunes. (431)

**Women and Weights** (B,I,A) This class is an excellent high energy low impact total body workout. This class uses hand held weights to sculpt your entire body. Wednesday 5:45pm (359)

**Xtreme Cardio Party** (B,I,A) This innovative take on traditional cardio takes the traditional cardio fitness class to the next level. Prepare to be moved in ways you never thought. Monday 6:30pm (359)

**Yoga** (B,I,A) Explore the mind-body connection by learning how to focus, relax and improve circulation. (431)

**Zumba** (B,I,A) Come join our certified Zumba instructors as we bring you a Latin-inspired, easy-to-follow, calorie burning, feel it to the core fitness party. This is a dance class that is fun and uses combinations of fast and slow rhythms that tone and sculpt the body. Join the Party. Tuesday 5:45pm and Saturday 10:15am