



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



2017 FALL GROUP EXERCISE

9/18/17—11/6/17



MONDAY

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

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

6:30 – 7:15pm
 Xtreme Cardio
 (359)
 Arabia

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

7:15 – 8:00pm
 Hot Hula
 (359)
 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
 (359)
 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
 Body Conditioning
 (359)
 Traci

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

THURSDAY

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

7:00-8:00pm
 LINE DANCE CLASS
 (359)
 With EV'E

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

FRIDAY

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

SATURDAY

9:15-10:00am
 Aroma Yoga
 (431) Green
 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 (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 6:15pm (431 Gym)

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 10:15 am (359)

Body Conditioning (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. Wednesday 6:30 (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 (431) & Wednesday 7:15pm (359)

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 (359)

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 (359), Tuesday (359), Wednesday (431) 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 (431) Wellness Center)

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 11:00am (359)