



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY



2018 FALL GROUP EXERCISE

9/17/18–9/29/18



MONDAY

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

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

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

7:00 – 7:45pm
Vinyasa Yoga
(431) Purple
Onesha

7:15–8:00 pm
Core De Force
(359)
Kenya

TUESDAY

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

5:45 – 6:30pm
Zumba
(359)
Moniquea

6:30 – 7:15pm
Hip Hop Dance
Party
(359)
Moniquea

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

WEDNESDAY

5:45 – 6:30pm
CARDIO KICK-
BOXING
(359)
Janice

6:30 – 7:15 pm
Body Conditioning
(359)
Traci

7:15–8:00 pm
PiYo (Pilates/
Yoga)
(359)
Kenya

THURSDAY

5:45 – 6:30pm
Body Works
(359)
Leslie

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

FRIDAY

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

SATURDAY

NEW!!!!
9:15am–10:00am
Gentle Yoga
(431)
Moniquea

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

NEW!!!!
11:00 – 11:45am
Dance Fitness with
Flare
(359)
Katrina

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 no-

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 Conditioning (B,I,A) Up the ante on your core and cardio workout with this fat burning, muscle toning, and stress reducing class! Wed 6:30 (359)

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

Fitness with Flare (B,I,A) Fitness class with a twist keeping you always wondering what the class will be like next week. One thing you will never be is bored! Saturday 11:00am (359)

Gentle Yoga (B,I,A) Stress be gone as you relax, refresh, stretch and revive your body with this gentle yoga class. Sat 9:15am (431)

Zumba (B,I,A) Come join our certified Zumba instructors and make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. 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 (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)

Core De Force - MMA inspired workout targets entire body, focusing on core. Class is a mix of cardio and body weight moves that will help to tone your whole body but will focus on shaping your core. Monday 7:15pm (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)

Cardio Kickboxing (B,I,A) This class will help you kick and puncj your stresses away to pulsating music. Wednesday 5:45pm (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)

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)

PiYo (B,I,A) Fitness class that combines Pilates and yoga. Wednesday 7:15 pm (359)

SilverSneakers (B,I,A) a fitness program designed specifically for our members who are Medicare beneficiaries. 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 (431), Tuesday (431), and Friday 10:00am (431)

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. Monday 6:00 pm and Tuesday 7:00 pm (431)

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)