



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# 2018 FALL GROUP EXERCISE

10/8/18–11/3/18



## 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

**NEW!!!**  
7:15–8:00 pm  
**Powered by  
Praise**  
(359)  
Jasmine

## TUESDAY

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

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

**NEW!!!**  
6:30 – 7:15pm  
**Tabata**  
(359)  
Moniquea

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

## WEDNESDAY

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

**NEW!!!**  
6:30 – 7:15 pm  
**Women N Weights**  
Wellness center @  
(431)  
Traci

**NEW!!!**  
7:15–8:00 pm  
**Strong Zumba**  
(359)  
Jasmine

## 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

**NEW!!!**  
10:15 – 11:00am  
**Women N Weights**  
Wellness Center  
(431)  
Traci

**NEW!!!!!!**  
11:00 – 11:45am  
**Dance Fitness**  
(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—members are encouraged to work at their own pace

**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)

**Dance Fitness** (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 cause the choreography changes but never disappoints. 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)

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

**Powered by Praise** (B,I,A) What better way to change your body, than with music that changes your mind. Monday 7:15pm (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)

**Strong Zumba** (B,I,A) Strong by Zumba is a high intensity interval class—think burpees, pushups and other high-impact moves—that's synced to specific music. Wednesday 7:15pm (359)

**Tabata** (B,I,A) This work out is one of the most popular forms of high intensity interval training designed to get your heart rate up in that anaerobic zone for short periods of time. Tuesday 6:30pm

**Women N Weights** (B,I,A) This workout in our newly renovated wellness center introduces some and pushes others to the limit using strength equipment.

**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)

**Zumba** (B,I,A) Come join our certified Zumba instructors and participate in this low-impact, high energy choreographed dance party to your workout regime. This class is high level fun and uses combinations of fast and slow rhythms that tome and sculpt the body. Join the party. Tuesday 5:45pm (359)