



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Princeton Family YMCA

Teen & Adult Group Fitness Schedule

Winter 2012: January 2 - February 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30am Boot Camp <i>Debbie / Group Ex</i>	6:30-7:30am Boot Camp <i>Debbie / Group Ex</i>	6:30-7:30am Boot Camp <i>Debbie / Group Ex</i>	6:30-7:30am Boot Camp <i>Debbie / Group Ex</i>	6:30-7:30am Boot Camp <i>Debbie / Group Ex</i>	8:00-9:00am Body Rejuvenation <i>Gail - OWC / Group Ex</i>
7:30-8:00am Health is Wealth Morning Walk <i>Olivia's Wellness Connection</i>	7:30-8:00am Health is Wealth Morning Walk <i>Olivia's Wellness Connection</i>	7:30-8:00am Health is Wealth Morning Walk <i>Olivia's Wellness Connection</i>	7:30-8:00am Health is Wealth Morning Walk <i>Olivia's Wellness Connection</i>	7:30-8:00am Health is Wealth Morning Walk <i>Olivia's Wellness Connection</i>	8:00-9:30am Integra ³⁰ ga <i>Trish / Sport Court</i>
8:30-9:00am Total Muscle Express <i>Jane/Robin / APR</i>	8:00-9:15am Easy Flow Yoga ³⁰ <i>Elizabeth / Sport Court</i>	9:15-10:15am BODYPUMP <i>Natasha / Sport Court</i>	8:00-9:00am Easy Flow Yoga ³⁰ <i>Elizabeth / Sport Court</i>	8:30-9:00am Total Muscle Express <i>Jane/Robin / APR</i>	9:00-10:00am Step Explosion <i>Lori C. / Group Ex</i>
9:00-10:00am Spandai <i>Jane/Robin / APR</i>	9:00-11:30am CDC Yoga <i>CLOSED GROUP / LCR</i>	9:15-10:15am Body Fusion <i>Lori C. / Group Ex</i>	9:15-10:15am ZUMBA <i>Kerri / Group Ex</i>	9:00-10:00am Spandai <i>Jane/Robin / APR</i>	10:00-11:00am Mat Mix & More <i>Lori C. / Group Ex</i>
9:15-10:15am Body Fusion <i>Lori C. / Group Ex</i>	9:15-10:15am ZUMBA <i>Lori G. / Group Ex</i>	11:00-12:00pm VIM <i>Virginia / Group Ex</i>	10:30-11:30am Water Fitness <i>Christina / YMCA Pool</i>	9:15-10:15am Body Fusion <i>Lori C. / Group Ex</i>	10:00-11:00am Cardio Kickboxing <i>Susan / Sport Court</i>
10:30-11:30am Water Fitness <i>Christina / YMCA Pool</i>	10:30-11:30am Forever Fit <i>Virginia / Group Ex</i>	11:00-12:30pm Integral Yoga ³⁰ <i>Trish / Sport Court</i>	10:30-11:30am Forever Fit <i>Alison / Group Ex</i>	10:00-11:30am CDC Yoga <i>CLOSED GROUP / LCR</i>	11:15am-12:15pm BODYPUMP <i>Susan/Kit / Sport Court</i>
11:00-12:00pm VIM <i>Virginia / Group Ex</i>	1:30-2:30pm Water Fitness <i>Suzette / YMCA Pool</i>	1:30-2:30pm Body Mechanics <i>Lori / Group Ex</i>	1:30-2:30pm Water Fitness <i>Suzette / YMCA Pool</i>	11:00-12:00pm VIM <i>Virginia / Group Ex</i>	
11:00-12:30pm Vinyasa Yoga ³⁰ <i>Amanda / LCR</i>	1:30-2:30pm BODYPUMP <i>Natasha/Kit / Sport Court</i>	5:15-6:15pm ZUMBA <i>Kerri / Group Ex</i>	1:30-2:30pm BODYPUMP <i>Natasha / Sport Court</i>	11:00-12:30pm Integral Yoga ³⁰ <i>Trish / Sport Court</i>	
1:30-2:30pm Body Mechanics <i>Lori / Group Ex</i>	5:30-6:30pm ZUMBA <i>Natalie / Group Ex</i>	6:15-7:00pm Step & Sculpt <i>Alison / Group Ex</i>	6:00-7:00pm Step & Sculpt <i>Alison / Group Ex</i>	1:30-2:30pm BODYPUMP <i>Kristin / Sport Court</i>	
5:15-6:15pm ZUMBA <i>Lori G. / Group Ex</i>	6:30-7:00pm Step Explosion 30 <i>Lori / Group Ex</i>	7:00-7:45pm Core & More <i>Alison / LCR</i>	6:15-7:15pm BODYPUMP <i>Kit/Susan / Sport Court</i>	5:30-6:30pm ZUMBA <i>Natalie / Group Ex</i>	Sunday 3:00-4:00pm Body Rejuvenation <i>Gail - OWC / Group Ex</i>
6:15-7:00pm Step & Sculpt <i>Alison / Group Ex</i>	6:30-7:30pm BODYPUMP <i>Donna/Karen / Sport Court</i>	7:00-7:45pm Cardio Boot Camp <i>Lori C. / Group Ex</i>	7:00-7:30pm Core & More <i>Alison / Group Ex</i>	6:30-7:30pm Dr. Oz's Transformation Nation <i>Gail - OWC / Conference Rm.</i>	3:00-4:30pm Dr. Oz's Transformation Nation <i>Gail - OWC / Group Ex</i>
7:00-7:45pm Core & More <i>Alison / LCR</i>	7:00-8:00pm Body Fusion <i>Lori C. / Group Ex</i>	7:45-8:30pm Mat Mix <i>Lori C. / Group Ex</i>	7:15-8:15pm Cardio Kickboxing <i>Susan / Sport Court</i>		
7:00-7:45pm Cardio Boot Camp <i>Lori C. / Group Ex</i>	7:30-8:30pm Vinyasa Yoga ³⁰ <i>Alicia / Sport Court</i>		7:30-9:00pm Integral Yoga ³⁰ <i>Trish / Group Ex</i>		
7:45-8:30pm Mat Mix <i>Lori C. / Group Ex</i>	8:00-8:30pm Core Fusion <i>Lori C. / Group Ex</i>				

¹Please consider the environment before taking this schedule. Schedules can be referenced online or outside our Group Exercise Studios.

²Please note the class schedule is modified periodically to address Member feedback, class popularity and participation level. Classes with low participation (less than 8) are subject to cancellation. If you enjoy a class, be part of its success by registering for class and being consistent in your participation.

THANK YOU!

Last updated 1/10/2012
 This schedule is subject to change.

GROUP FITNESS CLASS DESCRIPTIONS

BODY FUSION: A mix of strength training and cardio to engage your entire body. Cardio sessions performed in intervals jumping rope, shuttle runs, ladder drills, and plyometrics with the step, followed by timed sets that target larger muscle groups followed by smaller ones using resistance equipment. All fitness levels will be addressed in this workout. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

BODY MECHANICS: this class focuses on an individualized comprehensive workout to address proper body mechanics and personal goals in a group exercise setting. Strength training, core training and flexibility will be enhanced with particular attention to the proper use of the body and the equipment. Participants will become more educated in overall fitness, and more aware of the mind-body connection. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

BODYPUMP™: a 60-minute class using barbells & adjustable weights to tone and condition muscles while raising metabolic rate for rapid fat-burning. All the major muscle groups are worked via a series of weight-bearing exercises including squats, presses & lifts. The class finishes with a cool-down and stretch. Research has confirmed that BODYPUMP™ results in higher than expected fat-burning effects alongside endurance, strength and 'wellness' benefits. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

BOOT CAMP (Sunrise and Cardio): A cardiovascular/strength training workout using the step, running techniques, jump ropes, and resistance equipment (medicine balls, weights, bars, etc.) to achieve increased fitness conditioning, including cardiovascular and muscular endurance, as well as flexibility. Every workout will vary and challenge all fitness levels. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

BODY REJUVENATION: *brought to you by Olivia's Wellness Connection* – Wakeup & energize your body. Cardio for the heart, body toning and strengthening exercises, music so good you will breeze right through the class. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

CARDIO KICKBOXING: a combination of aerobics, boxing and martial arts. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

CORE & MORE: Upper and lower body strength training with resistance equipment, concentrating on both abdominal and back exercises with stretching. 🏃‍♀️ 🐢 🏃‍♂️

CORE FUSION: A thirty minute Pilates-based strength training class focusing on abdominal and back muscles working together with the lower body to condition and tone. Flexibility exercises will also be included. 🏃‍♀️ 🐢 🏃‍♂️

FOREVER FIT: Exercises designed for those 50 and older to build strength, bone density, and balance. A supportive environment where you can work out at your own pace. A 10 minute warm up, 15 minutes of abdominal work and stretching are also included. **50+** 🐢 ❤️

MAT MIX (& MORE): Upper & lower body strength training will be performed with the use of various resistance equipment individualized for all fitness levels. Core training & stretching are always included. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

SPANDA® YOGAEROBICS: Leave your yoga mat at home and bring your sneakers! Created by Dr. Jaime Stover Schmitt, Spanda® Yogaerobics is a yoga-based total fitness class which offers aerobic conditioning, core strength training, joint mobility & flexibility, & whole body toning. While attending to alignment & breath awareness, participants will explore "Spanda®" - movements based upon the classical hatha yoga postures. Original compilations of music enhance the experience of this joyful supportive class. ❤️ 🐢 🏃‍♂️

STEP EXPLOSION: This 30- or 60-minute cardiovascular class targets large muscle groups to maximize conditioning with the help of step training. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

STEP & SCULPT: Step training combined with core strength & sculpting for upper & lower body. Ab work and stretching always included. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

TOTAL MUSCLE EXPRESS: Hand weights, body bars & exercise balls will be used to improve muscle tone & to strengthen the upper body, the abdominal area & the lower back. It's the perfect 30-minute complement to Spanda® Yogaerobics, which meets immediately afterward. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

VIM: Fitness class for beginner & intermediate senior adults, designed to increase flexibility & improve circulatory system & muscle tone. **62+** 🏃‍♀️ 🐢 🏃‍♂️

WATER FITNESS: This focused cardiovascular fitness program tones, shapes & strengthens muscles, builds endurance & burns off pounds. 🏃‍♀️ 🐢 🏃‍♂️

WALK AEROBICS *brought to you by Olivia's Wellness Connection:* This class meets at the Community Park field next to the tennis courts - This fun packed class consists of walking combined with different aerobic moves to enhance your cardiovascular health, & the use of resistant tubes to strengthen & tone your body. Men, women & children are welcome. Bring your iPod to enjoy your music while we workout. Come out & see how much fun family fitness can be. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

YOGA: Vinyasa, Easy Flow and Integral.

Vinyasa: Or "flow" power yoga. For beginners or intermediate level yogis. Rejuvenate your body by combining sun salutations and stretching with today's latest music. This class is meant to help you de-stress through positive energy and power movements.

Easy Flow: A gentle workout for body, mind and spirit synchronizing breath with movement through a flowing series of basic asanas and sequences. The flow is designed to develop balance, build strength and increase flexibility, leaving students with reduced stress, inner calm, and heightened awareness.

Integral: combines physical postures, breathing practices, deep relaxation and chanting. Classes are appropriate for beginners as well as intermediate level students. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

ZUMBA: Zumba® is a "feel-happy" workout that is great for the body, mind & soul. Zumba® is a dance fitness method based on salsa & other Latin dance moves, performed to Latin & world music beats with fitness moves incorporated into the routine. At its core, Zumba® classes are intended to provide calorie-burning, body-energizing, & most of all, having fun. ❤️ 🏃‍♀️ 🐢 🏃‍♂️

ZUMBA TONING: this class combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. ❤️ 🏃‍♀️ 🐢 🏃‍♂️