

GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am 45 RPM Elaine		5:45am 30 SPRINT Elaine				
9:15am 55 BODYCOMBAT Nikki	9:15am 55 H.I.I.T Heather	9:15am 55 BODYPUMP Heather	9:15am 55 BODYPUMP Heather	9:15am 55 BODYCOMBAT Nikki	9:00am 55 BODYATTACK Annette	
10:15am 45 BODYPUMP Nikki	10:15am 55 ZUMBA Marisol	10:20am 55 STRONG By Zumba Marisol	10:20am 55 YOGALATES Heather	10:15am 55 BODYPUMP Nikki	10:00am 55 Champions Training Nikki	
					11:00am 55 BODYFLOW Chara	11:00am 55 BODYCOMBAT Jen
11:30am 45 ZUMBA GOLD Rachel	11:30am 55 CHAIR YOGA Chara		11:30am 45 FOREVER FIT Heather	11:30am 55 SilverSneakers Splash Elaine		
5:30pm 45 BODYATTACK Annette	5:30pm 45 H.I.I.T Heather	5:15pm 55 YOGALATES Heather		5:00pm 55 BODYPUMP Annette		
6:15pm 55 BODYFLOW Chara	6:30pm 45 BODYPUMP Alicia	6:15pm 45 Champions Training Nikki		6:05pm 55 BODYFLOW Chara		
6:30pm 30 SPRINT Cindy	6:30pm 45 Cycling Cindy	6:30pm 30 SPRINT Cathy	6:00pm 55 BODYPUMP Marissa			
7:20pm 45 BODYCOMBAT Nick	7:20pm 30 CXWORX Heather	7:05pm 55 BODYATTACK Annette	7:05pm 55 BODYCOMBAT Marissa			
8:05pm 55 ZUMBA Marisol	8:00pm 30 SPRINT Nick	8:05pm 55 ZUMBA Marisol	8:05pm 30 CXWORX Nick & Annette			

**Starts
Jan. 3rd!!!!**

NEW CLASS

TIME CHANGE

APPROPRIATE FOR ACTIVE OLDER ADULTS

INTENSITY SCALE

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We offer a wide variety of classes and times designed for all levels of fitness.

All classes have scalable intensities.

We encourage you to try all classes and choose the best ones for you!

DOWNLOAD OUR APP
for more info, class cancellations & more!
SEARCH: RARITAN BAY AREA YMCA
ENABLE NOTIFICATIONS WITHIN THE APP
CLICK: MORE-PREFERENCES-NOTIFICATIONS

FOR THE SAFETY OF OUR MEMBERS WE ASK THAT YOU ARRIVE ON TIME TO EACH CLASS. ALL MEMBERS MUST WAIT UNTIL EACH CLASS IS FINISHED AND THE ROOM IS CLEARED OF EQUIPMENT BEFORE ENTERING THE STUDIO.

CHILDREN UNDER THE AGE OF 12 ARE NOT PERMITTED IN GROUP FITNESS CLASSES.

Schedule is subject to change based on attendance and instructor availability. On occasion, classes may be subbed by a different instructor. The class format may be modified. We hope you stay and enjoy the class!

Brenda Guilles, Director of Healthy Living
bguilles@rbaymca.org | 732.442.3632 ext. 6530

CATEGORY

PROGRAM

DESCRIPTION

DURATION*

INTENSITY

RESULTS



STRENGTH



BODYPUMP™ is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories.



Moderate to High Intensity

Increase strength & endurance
Tones & shapes
Helps maintain bone health



CARDIO



BODYCOMBAT™ is a martial-inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.



High Intensity

Tones & shapes
Increases strength & endurance
Builds self-confidence



FLEX



BODYFLOW® is a new yoga class for anyone and everyone. It uses a range of movements and motion set to music that will improve your mind, your body and your life.



Low to Moderate Intensity

Improves joint flexibility & range of motion
Tones & shapes
Enhances mental wellbeing



CARDIO



Basic stepping, just like walking up and down stairs, is at the heart of BODYSTEP™ – a full-body cardio workout to really tone your butt and thighs.



Moderate to High Intensity

Improves heart and lung fitness, agility & coordination
Increases strength & endurance



CARDIO



BODYATTACK™ is a high-energy fitness class with moves that combine athletic movements like running, lunging and jumping with strength exercise such as push-ups and squats.



High Intensity

Improves agility, coordination, strength & endurance
Improves heart & lung fitness



CORE



CXWORX™ provides the vital ingredient for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do-it's the glue that holds everything together.



Moderate to High Intensity

Improves heart & lung fitness
Tones & shapes
Strengthens the core



CARDIO



RPM™ is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit.



Moderate to High Intensity

Increases heart & lung fitness
Increases leg strength
Increases endurance



CARDIO



LES MILLS SPRINT™ is built on the science of high-intensity interval training (HIIT), designed using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimal joint impact.



High Intensity

Build lean muscle & train your body to burn fat
Faster cardio results
Calorie burn hours after your workout



CARDIO



Cycling simulates cycling on stationary bicycles, incorporating heart-rate training techniques & imagery such as, hill-climbing, sprints, and races. It is truly a fantastic cardiovascular workout.



Moderate to High Intensity

Increases heart & lung fitness
Increases leg strength
Increases endurance



STRENGTH
CARDIO
CORE



Champions Training challenges your muscular strength and endurance through cardiovascular movements. This is a total body workout that is challenging and feels like you're training one-on-one with a private trainer.



Moderate to High Intensity

Increases strength & endurance
Tones & shapes
Increase heart & lung fitness



CARDIO



A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.



Moderate to High Intensity

Improves coordination
Tones & shapes
Develops self expression



CARDIO



The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.



Low to Moderate Intensity

Improves coordination
Improves heart & lung fitness
Improves joint flexibility & range of motion



FLEX



Chair Yoga is a gentle form of yoga, practiced sitting on a chair or standing using a chair for support. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair.



Low Intensity

Improves joint flexibility & range of motion
Improves proprioception
Enhances mental wellbeing



STRENGTH
CARDIO
CORE



A variety of exercises designed to increase muscular strength, range of motion & activities for daily life. Hand-held weights, SilverSneakers ball & elastic tubing with handles are offered for resistance. A chair is available for seated or standing support.
SPLASH – A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers.



Low Intensity

Increases strength & endurance
Tones & shapes
Helps maintain bone health

*Class duration can vary based on EXPRESS format offered – e.g. 30 minutes, 45 minutes or 55 minute formats