



## THE VALLEY SHORE YMCA GROUP EXERCISE SCHEDULE

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|--|---|---|--|--|
| <b>5:45 am - 6:30 am</b><br>Spinning w/Deb                         | <b>5:15 am - 6:00 am</b><br>Spinning w/Nancy                                    | <b>5:45 am - 6:30 am</b><br>Spinning w/Deb                     | <b>5:15 am - 6:00 am</b><br>Spinning w/Emily  | <b>5:45 am - 6:30 am</b><br>Spinning w/Deb                      | <b>**7:15 am - 8:30 am</b><br>Spin & Sculpt w/Deb                    | <b>7:30 am - 8:30 am</b><br>Spinning w/Emily                       |
| <b>6:00 am - 7:00 am</b><br>Bootcamp<br>w/Alicia (gym)             | <b>6:00 am - 7:00 am</b><br>Bootcamp/Kickbox Bootcamp<br>w/Meghan/Kate          | <b>6:00 am - 7:00 am</b><br>Bootcamp w/Ellen<br>(gym)          | <b>6:00 am - 6:30 am</b><br>Bootcamp w/Alicia<br><b>8:00 am - 8:45 am</b><br>Silver Sneakers w/Jessie | <b>6:30 am - 7:30 am</b><br>Grp. Strength<br>w/Deb              |  |  |
| <b>6:30 - 7:30 am</b><br>Grp. Strength w/Deb                       | <b>7:30 am - 8:20 am</b><br>Spinning w/John                                     | <b>**6:30 am - 7:30am</b><br>Strength Train Together<br>w/Deb  |   | <b>7:30 am - 8:20 am</b><br>Spinning w/John                     |  |  |
|  |   |  |   |   |  |  |
| <b>8:00 am - 8:45 am</b><br>Silver Sneakers w/Jessie               | <b>**9:00 am - 10:00 am</b><br>Strength Train Together<br>w/Deanna (gym)        | <b>**8:45 am - 9:45 am</b><br>Barre w/Meghan                   | <b>**9:00 am - 10:00 am</b><br>Strength Train Together<br>w/Kate (gym)                                | <b>8:30 am - 9:30 am</b><br>Body Defined<br>w/Mel               | <b>**8:30 am - 9:30 am</b><br>Cardio Kickbox Blast<br>Blast w/Deanna | <b>**8:00 am - 9:00</b><br>Strength Train Together<br>w/Kate (gym) |
| <b>9:00 am - 10:00 am</b><br>Bootcamp w/Ellen (gym)                | <b>8:30 am - 9:30 am</b><br>HIIT - All Levels w/Mel                             | <b>9:00 am - 10:00 am</b><br>Bootcamp w/Ellen<br>(gym)         | <b>**9:00 am - 10:00 am</b><br>Cardio Kickbox w/Deanna  | <b>9:00 am - 10:00 am</b><br>Strong by ZUMBA<br>w/Deanna (gym)  | <b>8:45 am - 9:45 am</b><br>Bootcamp<br>w/Melissa (gym)              | <b>9:15 am - 9:45 am</b><br>Bosu Express w/Kate                    |
| <b>**9:00 am - 10:00 am</b><br>Body Defined w/Kate                 | <b>10:15 am - 11:00 am</b><br>Lo Impact Aerobics<br>w/Kate (gym)                | <b>**10:00 am - 11:00 am</b><br>ZUMBA w/ Meghan                | <b>10:00 am - 10:15 am</b><br>15 Min. Ab Blast<br>Express w/Deanna (gym)                              | <b>9:45 am - 10:45 am</b><br>Yoga - all levels Vinyasa<br>w/Mel | <b>9:45 am - 10:45 am</b><br>ZUMBA w/Ginny/Meg C.                    | <b>9:45 am - 10:30 am</b><br>Body Defined - Fire Up<br>w/Kate      |
| <b>10:15 am - 11:15 am</b><br>Pilates Basic Mat Fusion<br>w/Kate   | <b>9:45 am - 10:45 am</b><br>Yoga Vinyasa all Levels w/Mel                      |  | <b>10:00 am - 11:00 am</b><br>Mobility, Strength and Balance<br>w/Alicia                              | <b>10:15 - 11:00</b><br>LIFT w/Mary (gym)                       |  | <b>12:00 pm - 1:00 pm</b><br>Yoga w/ Dyllin                        |
| <b>10:15 am-11:00 am</b><br>Silver Sneakers Classic<br>w/Ali (gym) | <b>11:15 am - 12:00 pm</b><br>Move For Better Balance<br>w/Kate (Wellness Room) |  | <b>10:15 am - 11:00 am</b><br>Lo Impact Aerobics<br>w/Melissa (gym)                                   |   |  |  |
|  | <b>11:15 am - 12:00 pm</b><br>Silver Sneakers<br>Circuit w/Mary (gym)           |  | <b>11:15 am - 12:00 pm</b><br>Silver Sneakers Classic<br>w/Mary                                       | <b>5:00 pm - 6:00 pm</b><br>Spinning w/Emily/John               | <b>4:00 pm - 5:00 pm</b><br>Yoga w/Chris K.                          |  |
| <b>**5:00 pm - 5:15 pm</b><br>Intro to Spinning w/Nancy            | <b>3:00 pm - 4:30 pm</b><br>Hope is Power I<br>w/Lisa and Linda                 | <b>5:00 pm - 6:00 pm</b><br>Interval Ride w/Emily              | <b>2:15 pm - 3:00 pm</b><br>Move for Better Balance<br>w/Mary (Wellness Room)                         |   |  |  |
| <b>**5:15 - 6:00 pm</b><br>Spinning w/Nancy                        | <b>6:00 pm - 7:00 pm</b><br>20X3 w/Kate (gym)                                   | <b>5:00 pm - 6:00 pm</b><br>Yoga - All Levels<br>w/Nancy (FTR) | <b>3:00 pm - 4:30 pm</b><br>Hope is Power I<br>w/Lisa and Linda                                       |   |  |  |
| <b>6:00 pm - 7:00 pm</b><br>ZUMBA Toning<br>w/Ginny                | <b>6:30 pm - 8:00 pm</b><br>Intermediate Pilates<br>and Sculpt w/Dale           | <b>6:00 pm - 7:00 pm</b><br>Locomotion<br>w/Shannah            | <b>6:00 pm - 7:00 pm</b><br>ZUMBA Toning w/Ginny  |   |  |  |
| <b>7:15 pm - 8:00 pm</b><br>Circuit Rush<br>w/Phil                 | <b>7:00 pm - 8:00 pm</b><br>Yoga w/Chris K. (gym)                               |  | <b>6:00 pm - 6:45 pm</b><br>Circuit Rush w/ Phil (gym)  |   |  |  |
|  |   |  | <b>6:30 pm - 7:30 pm</b><br>Pilates Fusion<br>w/Kate (FTR)  |   |  |  |
|  |   |  | <b>7:00 pm - 7:45 pm</b><br>Spinning w/Emily  |   |  |  |

All classes are drop in unless noted below and held in the Wellness Room unless otherwise noted above. FTR (Functional Training Room) is located downstairs next to the fitness center

**\*\*THIS IS A TICKETED CLASS. NO ONE WILL BE ADMITTED WITHOUT A TICKET. TICKETS ARE FIRST COME FIRST SERVE ONLY AND CAN BE PICKED UP AT FRONT DESK 30 MINS. PRIOR TO START TIME ONLY!!!!**

**##THIS CLASS REQUIRES PAPERWORK AND A MOVEMENT ASSESSMENT PRIOR TO ATTENDING (SEE INSTRUCTOR)**