Valley Shore YMCA
Group Exercise Schedule

Effective 11/01/26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spinning 7:15 -8:15a Emily R Spin Studio Barre 8:30-9:30 Jodi K Group Ex Studio Group Power 8:45-9:45a Kate/Bethany Gymnasium Yoga-Hatha Flow 10:00-11:00a Kate P Group Ex Studio	Spinning 5:30–6:15a Debi I Spin Studio Strength & Sculpt 6:30-7:15a Debi I Group Ex Studio Barre 8:00-8:45a Meghan P Group Ex Studio Zumba 9:00–9:45a Meghan P Group Ex Studio Body Defined 9:00-10:00a Kate P Gymnasium Classic Circuit 10:15-11:00 Bethany N Gymnasium Vinyasa Yoga 10:15-11:15a Jodi K Group Ex Studio Mindful Motion 1:00-1:45p Mary C Group Ex Studio	Vinyasa Yoga 6:30–7:30a Nancy G Group Ex Studio Spinning 7:00-8:00a Paula N Spin Studio Total Body Circuit 8:05 –8:50a Bethany N Gymnasium Pilates 9:00-10:00a Mary C Group Ex Studio Group Fight 9:00-10:00a Deanna W Gymnasium Low Impact Aerobics 10:15-11:00a Alex B Gymnasium Classic Circuit 12:30-1:15p Alex B Group Ex Studio	Spinning 5:30 –6:15a Debi I Spin Studio Strength & Sculpt 6:30-7:15a Debi I Group Ex Studio Bootcamp/Strong Express 8:00-8:50a Meghan Gymnasium Cardio Barre 8:00-8:50a Kate P Group Ex Studio Joint Venture 8:30-9:15 Pool Zumba 9:00-9:45a Meghan P Group Ex Studio Group Power 9:05-10:00a Deanna W Gymnasium Classic Strength 10:15 –11:00a Emily R Gymnasium Yoga-Hatha Flow 10:10-11:10a Kate P Group Ex Studio Chair Yoga 1:00-1:45p Mary C Group Ex Studio	Spinning 6:00-7:00a John N Spin Studio Vinyasa Yoga 6:00-7:00a Nancy G Group Ex Studio Bootcamp 8:00-8:45a Meghan P Gymnasium Pilates 9:00-10:00a Mary C Group Ex Studio HIIT 9:00 –10:00a Deanna W Gymnasium Low Impact Aerobics 10:15-11:00a Deanna Gymnasium Classic Strength 10:30 –11:15a Emily R Group Ex Studio	Spinning 5:30–6:15a Debi I Spin Studio Group Fight 7:00-7:45 Deanna W Group Ex Studio Group Power 8:00 –8:45a Bethany N Gymnasium Barre 8:00-8:45a Meghan P Group Ex Studio Pilates Fusion 9:00 –10:00a Jodi K Group Ex Studio Group Power 9:00 –10:00a Deanna W Gymnasium LIFT 10:15-11:00a Bethany N Gymnasium Classic Stretch 10:15-11:00a Meghan/Kate Group Ex Studio Joint Venture 11:30-12:15 Mary Group Ex Studio HIIT 12:30-1:30p Noelle T Group Ex Studio	Spin and Sculpt 7:15 -8:30a Debi I Spin Studio High Fitness 8:45-9:45a Christine L Group Ex Studio Bootcamp 8:45-9:45a Alex/Scott Gymnasium Power Yoga 10:00-11:00a Lori C Group Ex Studio
	Spinning 5:00-6:00p Nancy G Spin Studio Group Power 5:30-6:30p Deanna W Gymnasium	Barre 45 5-5:45p Meghan P Group Ex Studio HIIT 45 5-5:45p Deanna W Gymnasium Spinning 6:00-7:00p Emily R Spin Studio Vinyasa Yoga 6:00-7:00p Chris K Group Ex Studio	High Fitness 5-5:45p Christine L Group Ex Studio Group Power 6:00-7:00p Bethany N Gymnasium Restorative Yoga 6:00-7:00p Jodi K Group Ex Studio	Barre 45 5-5:45p Meghan/Jodi Group Ex Studio HIIT 45 5-5:45p Noelle T Gymnasium Zumba Toning 6:00–7:00p Ginny K Group Ex Studio	Happy Hour Spin 5-–5:45p Emily R Spin Studio	

Valley Shore YMCA Class Descriptions

Barre/Barre45: This class will burn your muscles to their fullest potential by focusing on lengthening, strengthening, stretching and elongation. It also includes many exercises to strengthen the core and the seat. In this class, you will burn calories efficiently while at the same time challenging your mind and body in a workout you are guaranteed to love! All fitness levels are welcome to attend!

Body Defined – Fire Up: Focuses on building muscle, increasing endurance, developing strength, and stabilizing the core while improving your balance for an overall functional workout – it will also include short, timed bursts of cardio intervals along with interesting bodyweight exercise combinations to keep the body guessing and the heart rate up. Use free weights and various other props in fun, creative, and multi-joint movement combinations that will include many assorted balance challenges, keeping the class feeling different each time.

Boot Camp: Boot Camp combines the best of cardiovascular and strength training. Expect to challenge your mind and body as you alternate between high and low intensity exercises through the use of free weights, plyometrics, cardio training & balance work. Boot Camp classes are full of variety and every workout is unique. Expect the unexpected.

Bootcamp/Strong Express: Join us for 30 minutes of a classic bootcamp style workout that transitions to 30 minutes of Strong Nation Express, a bodyweight only training style combining martial arts and classic body weight combinations that are specifically timed to move with the music. This true power hour will work every inch of your body and leave you feeling fantastic for the rest of the day.

Cardio Barre: Cardio Barre is a full-body workout that combines both traditional and non-traditional Barre exercises with bursts of cardio intervals to create a low-impact, well-rounded workout that will fatigue muscles while building strength, flexibility and cardiovascular health. This workout includes some fun pilates inspired mat work and uses different props to work each muscle group just a little differently than a classic strength and cardio workout.

Chair Yoga: In this gentle yoga class participants practice poses seated in a chair or standing with the assistance of a chair. Benefits include increased flexibilty, muscle strength, and improved balance. Great for active older adults and for those who are unable to get up and down from the floor.

Classic Circuit: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion and activity for daily living skills for active older adults. This class is taught mostly standing but chairs are available. This class is designed for our active older adults.

Classic Strength: Have fun and move to the music with this class that is designed for active older adults who want to improve strength, endurance and balance. This class uses standing exercises and chair exercises with a variety of equipment. There is a very light sprinkling of low impact cardio as well which keeps the heart rate up. The is no matwork or floor work for this class.

Classic Stretch: This chair-based stretch class is designed to be accessible to all fitness levels and individuals with mobility limitations or those who find floor stretches challenging. The class focuses on improving flexibility, range of motion, balance, and overall well-being through seated and standing poses with chair support. This class is for our active older adults.

Group Fight: Group Fight® is a gripping workout that builds cardio fitness, total-body strength, and coordination. Combine the hottest, adrenaline-fueled MMA movements from the boxing ring to the fighting cage with cutting-edge exercises from outside the octagon. Thrilling music and motivational coaching will get you fighting fit. FIGHT FOR IT!

Group Power: Group Power is a cutting-edge strength training workout designed to get you muscle strong and movement strong. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, a step, heart-pounding music, and expert coaching. GET MUSCLE & MOVEMENT STRONG!

High Fitness: Experience a modern twist on aerobics in a non-stop, action-packed mix of cardio, toning, and push tracks that will take your fitness to the next level. This no-equipment format uses simple, effective, and set choreography that's easy to follow but powerful enough to deliver serious results. Adaptable to all fitness levels, you can go high or you can go low—but you will always leave feeling HIGH.

HIIT: HIIT is a full-body workout. This advanced level class is a rigorous interval training sequence with high-intensity exercises designed to build cardiovascular fitness while improving muscular strength and endurance.

LIFT: A great strength workout with body weight, balance, and postural exercises built-in, designed to improve strength, range of motion, balance, and endurance using both heavy and light weights. This class will also include some work done on the mat on the floor. This class is specifically designed for our Active Older Adults who want a little more than Classic Strength/Circuit

Low Impact Aerobics: A great workout designed to improve range of motion, balance, flexibility, endurance, and cardiorespiratory fitness

Mindful Motion: This 45 minute class is the perfect fusion of Tai Chi and Chair Yoga. Enjoy a slower pace as you improve your posture, balance, and flexibility.

Pilates: This is a class designed to welcome all levels of students. This class utilizes the classic training of Joseph Pilates to take you on a journey through the Basic Mat Flow of exercises that will teach you how to articulate and elongate the spine, strengthen and tone your core and make that ever-important mind-body connection to help you achieve balance.

Pilates Fusion: Pilates fusion is a workout that combines Pilates, traditional yoga, and barre for a class that that focuses on the core and elongates, tones, and stretches muscles. This mat based class will leave you feeling stronger and more centered.

Power Yoga: A fast-paced cardiovascular workout focused on building strength and flexibility in the body through intense yoga poses.
Restorative Yoga: Restorative Yoga is the practice of asanas or poses, each held for longer than in conventional yoga classes, often with the support of props such as folded blankets, to relax the body and reduce stress. Unlike more active forms of yoga, restorative yoga emphasizes rest and stillness. Please bring your mat, a pillow, and a blanket to class.

Spinning: Join a wide variety of excellent instructors on a cycling journey full of great music, hills, drills, and thrills in this class designed to fit all fitness levels and designed to allow you to customize your ride the way you want to work today.

Spin & Sculpt: A perfect mix of cardio-conditioning and resistance training, you will take a cycling journey full of great music, cardio drills, thrills, and then finish off your workout with a half-hour of body sculpting using various resistance training equipment. This class will challenge your body, mind, and heart and leave you feeling ready to face the weekend!

Strength and Sculpt: This class is a muscle-toning class focusing on body muscle and core strength. It uses dumbbells to perform traditional weight training moves in a class setting. This class helps strengthen you muscles and protect your bones as you build lean strong muscles. You will burn calories and fat while increasing overall metabolism.

Total Body Circuit: This hard-hitting class gives you the best of cardio and weight training in a fast paced circuit style. Free weights and body weight is all that you need to push your limits. Every class is a new challenge!

Yoga Vinyasa/Hatha Flow – all levels: This class offers yoga conditioning through a moderate flow designed to take you on a journey of flexibility that will help you balance body and mind as you are guided through a fusion of classical stretching moves and yoga poses. This class includes opportunities for balance challenges and each student can move to their individual practice. Class usually concludes with a relaxation (and sometimes a meditation) segment. Bring your own mat and other props.

Zumba: This class combines bodyweight muscle conditioning, cardio and plyometric moves synced to original music which has been specifically designed to match every single move. This class works with bodyweight only and is specifically designed to challenge participants who want to be challenged but to also be completely accessible to all – no matter their fitness level.

Zumba Toning: When it comes to body sculpting and high-energy cardio work.ZUMBA TONING raises the bar. It combines targeted body-sculpting exercises utilizing light-weight "toning sticks" to enhance rhythm, balance and coordination which target all the major muscle groups. This is a high-energy cardio workout with Latin-infused ZUMBA moves which create a calorie-torching, strength-training fitness dance party that will leave you feeling strong, toned, and worked completely from head to toe. This class is for all fitness levels.