

SOUTH BRUNSWICK FAMILY YMCA

329 Culver Road

Monmouth Junction, NJ 08852

732-329-1150

Winter 2012 Group Exercise Classes (January 9 – March 4)
Registration Begins December 12 and 19. (Required for all classes)

FREE CLASSES

(Included in Facility Membership - Ages 13+)

SPECIALTY PAID CLASSES (Noted)

(Facility Member Fee / Program Member Fee)

DAY	CLASS	LEVEL	TIME	
Monday	Aqua Fit 1		8:15-9:15am	<p>Aqua Fit: An aquatic workout that is easy on the joints while building cardiovascular endurance through moving, jogging and jumping routines. Routine consists of a warm-up, cardio portion, weights, abs, and cool down in the pool using various aquatics equipment.</p> <p>Aqua Foundations: This class is designed for people with all types of arthritis. It is a recreational aquatics class developed to improve range of motion, muscle strength and overall body endurance.</p> <p>B.T.S. (Burn, Tone & Strengthen): This high-energy class will help you burn calories while toning and conditioning your entire body. You will be put through challenging cardio, toning and strengthening drills using various forms of resistance. All fitness levels will benefit from this workout.</p> <p>Cardio Kickboxing: This class combines tai kwon do, boxing and cardio creating a high energy, high calorie burning class. Each week a martial arts combo is taught to make the class fun, as well as challenging!</p> <p>Cardio Sculpt: This power packed class incorporates skills, drills, circuits and intervals to push you beyond your normal fitness level and give you the extra boost you need in your regular exercise program.</p> <p>Core Toning: This class focuses on core strength, using weights, stability balls or body resistance, as well as working your abs.</p>
	Cardio Sculpt		9:30-10:15am	
	On the Ball 1		10:15-10:45am	
	Yoga Flex 1		10:30-11:30am	
	Aqua Fit 2		12:30-1:30pm	
	Aqua Foundations 1		1:30-2:30pm	
	Yoga Flex 2		7:00-8:00pm	
	Zumba Toning		6:30-7:15 pm	
	Zumba 1		7:15-8:00pm	
	Tuesday	Fit Start 1		
Burn, Tone & Strengthen 1			9:30-10:45am	
Yoga Precise 1			9:30-10:30 am	

AS A COURTESY TO OTHERS AND TO ENSURE YOUR SAFETY, PLEASE BE ON TIME TO CLASS

www.southbrunswickymca.org

Updated 12/01/11

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	Muscle Works		6:15 -7:15pm	Fit Start: This class is designed specifically for beginners and older adults to help you meet cardiovascular requirements while improving balance and flexibility. Weights, resistance bands and bars are used.
	Step Up 1		7:00-8:00pm	Just Abs: This 15 minutes class provides a great core workout. Participants work all areas of abdominals and strengthen the upper and lower back all while stretching and elongating muscle fibers.
	Teen Aquafit		7:15-8:15pm	
Wednesday	Aqua Fit 3		8:15-9:15am	Muscle Works: Resistance training to strengthen all muscle groups using resistance bands, hand weights, stability balls and body bars.
	Zumba 2		9:30-10:30am	On the Ball: This fun class provides a total body workout using a stability ball. It is designed to tone muscles, build strength and increase endurance and balance.
	Core Toning		10:30-11:15am	
	Aqua Fit 4		12:30-1:30pm	Resistant Band Body Sculpt: This challenging and exciting new class will not only help strengthen your entire body, but it will tone you and help with your flexibility. If you want a change, sign up today and challenge yourself!
	Aqua Foundations 2		1:30-2:30pm	
	Zumba 3		6:00-7:00pm	Step Circuit: This class incorporates intervals of step and muscle conditioning routines that give you a complete total body workout. Intermediate-Advanced participants must see the instructor before enrolling.
	Cardio Kickboxing		7:00-8:00pm	
Thursday	Fit Start 2		8:00-9:00am	Step Up: Participants will perform various movements up and down a step platform that meet your cardiovascular goals and develop major muscle strength. A short abdominal workout will be performed at the end of the class.
	Step Circuit		9:30-10:30am	
	Yoga Precise 2		9:30-10:30am	
	Just Abs 1		10:30-10:45am	

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DAY	CLASS	LEVEL	TIME	
	Burn, Tone & Strengthen 2		6:45-8:15pm	<p>Teen Aquafit: An aquatic workout that is designed to help teens beginning at age 13 build cardiovascular endurance through moving, jogging and jumping routines. Routine consists of a warm-up, cardio portion, weights, abs and cool down in the pool using various aquatics equipment.</p> <p>Yoga Flex: Using Yoga, you will gain flexibility, balance, coordination and stability as well as learn meditation techniques. This group class is for beginner to intermediate participants.</p> <p>Yoga Precise: Conducted in the Iyengar tradition participants will learn more advance precision poses using props while gaining greater flexibility, balance, coordination and stability.</p> <p>Zumba Toning: With this fun and energizing class, you will continue to burn calories with the Zumba. The Zumba you've come to love while blending body-sculpting techniques using light weights and Zumba sticks.</p> <p>Zumbatomic: Designed exclusively for kids (ages 9-13), Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaetone, cumbia and more. Parents love Zumbatomic because of the effect it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination.</p>
	Yoga Flex 3	All	7:30-9:00pm	
Friday	Aqua Fit 5		8:15-9:15am	
	Zumba 4	All	9:30-10:30am	
	Core Toning		10:30-11:15am	
	Aqua Fit 6		12:30-1:30pm	
	Aqua Foundations 3		1:30-2:30pm	
	Resistant Band Body Sculpt		7:00- 8:00pm	
Saturday	Aqua Fit 7		8:15-9:15am	
	Step Up 2		8:15-9:15am	
	Zumba 5		9:30-10:30am	
	Zumbatomic		10:30-11:30am	

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DAY	CLASS	LEVEL	TIME	SPECIALTY CLASSES
Monday	Youth Conditioning & Endurance Training: \$75/ \$150	Youth	6:30 – 7:00pm	<p>Body Blast Boot Camp: This is a class that is 75 minutes of muscle developing, fat shedding, body-shaping movements. But don't let the name scare you; this class is for everyone.</p> <p>Youth & Adult Karate: This class is for those 5 years and up. Instruction is in the techniques of Shotokan karate from the beginner to advanced levels. Instructor is a 6th degree Blackbelt.</p> <p>Buddy System Training: You and a friend will work together with one of our personal trainers and get the additional motivation while enjoying the full benefits of personal training at a fraction of the cost.</p> <p>Youth Conditioning & Endurance Training: Children 11-13 year olds will have fun conditioning their bodies while developing their endurance to help them succeed in sports and improve their overall fitness. Maximum 10 participants.</p> <p>Youth Strength Training: Class ratio 20:1: Teens 13–16 years old will learn resistance training and agility techniques in a safe and controlled manner. Teens will learn safe and effective ways to meet their fitness goals as well as develop new friendships.</p> <p>Nutrition & Women's Free Weight Training: Class ratio 6:1: We will discuss diet and nutrition on a weekly basis. Free weight training is awesome for women of all ages. Emphasis will be placed on proper form. Come learn how to build long, lean muscle for a slimmer, trimmer you!</p> <p>Interested Teens must work with Gary to select a day and time.</p>
	Body Blast Boot Camp \$75/\$150		7:15-8:15pm	
Friday	Nutrition & Women's Free Weight Training \$75/\$150		6:00 – 7:00pm	
	Karate 1 \$90/\$180	Beginner Youth (5-13yrs)	5:30-6:15pm	
	Karate 2 \$90/ \$180	Int. Youth (5-13 yrs)	6:15-7:00pm	
	Karate 3 \$90/ \$180	Advance Youth (5-13 yrs)	7:00-7:45pm	
	Karate 4 \$90/ \$180	All Adult	8:00-9:00pm	
Sunday	Karate 5 \$90/ \$180	Advanced Youth (5-13 yrs)	12:15-1:00pm	
	Karate 6 \$90/ \$180	Int. Youth (5-13 yrs)	1:00-1:45pm	
	Karate 7 \$90/ \$180	Beginner Youth (5-13 yrs)	1:45-2:30pm	
	Karate 8 \$90/ \$180	Beg./ Int. Adult	2:45-3:45pm	
	Karate 9 \$90/ \$180	Advanced Adult	3:45-4:45pm	
	Teen Strength Training \$75/ \$150	Youth	See Instructor	

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