



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## MIDDLETOWN AREA FAMILY YMCA | FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9AM</b> <b>STEP &amp; SCULPT</b> BILL   GE	<b>8AM</b> <b>AQUA ZUMBA</b> LOGAN   POOL	<b>9AM</b> <b>STEP &amp; SCULPT</b> BILL   GE	<b>8AM</b> <b>AQUA ZUMBA</b> LOGAN   POOL	<b>9AM</b> <b>STEP &amp; SCULPT</b> BILL   GE
<b>10AM</b> <b>TOTAL BODY CONDITIONING</b> BILL   GE	<b>9AM</b> <b>AQUAFIT</b> MARY JANE   POOL	<b>10AM</b> <b>TOTAL BODY CONDITIONING</b> BILL   GE	<b>9AM</b> <b>AQUAFIT</b> MARY JANE   POOL	<b>10AM</b> <b>TOTAL BODY CONDITIONING</b> BILL   GE
<b>10AM</b> <b>CARDIO SPLASH</b> MARILYN   POOL		<b>10AM</b> <b>CARDIO SPLASH</b> MARILYN   POOL		
<b>6PM</b> <b>SPINNING®</b> BOB   SS	<b>5PM</b> <b>REFIT®</b> BRANDI   SS	<b>6PM</b> <b>ZUMBA</b> MYSTI   GE	<b>6PM</b> <b>YOGA</b> CLAUDE   GE	
	<b>6PM</b> <b>YOGA</b> CLAUDE   GE			

# GROUP EXERCISE CLASS DESCRIPTIONS

## SPINNING ®

An exhilarating indoor cycling class that integrates music and motivation, for a terrific workout.

## TOTAL BODY CONDITIONING

Combination of aerobics, muscle toning and flexibility using step, low impact and intervals.

## STEP & SCULPT

Classic cardio workout combining step aerobics and low impact strength training.

## AQUA ZUMBA

Aqua Zumba® blends the Zumba philosophy with water resistance for an awesome pool party!

## STRENGTH TRAIN TOGETHER

This motivating class will get your heart rate up, make you sweat and push you to a personal best.

## CARDIO SPLASH

Moderate to vigorous exertion. Class is taught in both shallow and deep water.