

OCYMCA GROUP FITNESS CLASS SCHEDULE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------|---|--|---|--|---|
| 6:00am-6:50am | | 6 Week BOOTCAMP with JACQUI- must register | | 6 Week BOOTCAMP with JACQUI- must register | |
| 8:00am-8:50am | AGELESS CARDIO & STRENGTH with JEAN | GENTLE YOGA with TERRY | CHAIR YOGA with TERRY | GENTLE YOGA with TERRY | SILVER SNEAKERS CIRCUIT with JEAN |
| 9:00am-9:50am | TAI CHI with JEAN | | | | CHAIR CORE and MORE! with JEAN |
| 10:00am-10:50am | | | | | TABATA with JACQUI |
| 5:10pm-6:00pm | | | STRENGTH & CONDITIONING With JACQUI | | POWER HOUR with LORI |
| 6:00pm-6:50pm | | | | | |
| 6:15pm-7:05pm | TABATA with JACQUI | | | | |
| 7:00pm-7:50pm | | | | YOGA LEVEL 2 with TERRY | |

Classes are included with OCYMCA Membership.

Class registration is not required.

To become a member, please contact the Welcome Center

Mon-Fri from 8am to 6pm, 732-341-9622 x0.

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AGELESS CARDIO & STRENGTH with Jean (BEGINNER/INTERMEDIATE)

Different variations of cardio each week plus an overall strength workout that will take you out of your comfort zone.

6 WEEK BOOTCAMP with JACQUI

Level up your summer fitness with this 6 week boot camp. Meeting twice a week, Tuesday & Thursdays at 6 am. A dose of everything you need to hit those summer fitness goals; HIIT (High Intensity Interval Training), Suspension Training, Kettle Bells, BOSU and so much more.

CHAIR CORE and MORE! with Jean (BEGINNER)

Use a variety of equipment to kick start CORE strength, which aids in balance, overall functional fitness, and well-being. Participants will utilize stations in the Fitness Center and on the turf.

CHAIR YOGA with Terry (BEGINNER)

Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis and those not comfortable getting on the floor. All postures are done sitting in a chair.

GENTLE YOGA with Terry (BEGINNER)

Improve range of motion, strength, balance, and flexibility with foundational yoga postures. Class moves at a slow and mindful pace to assure proper body alignment and emphasizes mental relaxation through a series of breathing instructions.

POWER HOUR with Lori

Strength training and cardio using a barbell, dumbbell, or body weight. High reps to help build muscle. This class is designed for any fitness level.

SILVER SNEAKERS CIRCUIT with Jean (INTERMEDIATE)

Take the next step from Silver Sneakers Classic. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.

STRENGTH & CONDITIONING with Jacqi

A full-body workout incorporating the use of adjustable barbell, body weight movements, kettlebells and more. A variety of intervals, circuits, and intensity to help you gain strength and increase your cardiovascular conditioning.

TABATA with Jacqi

Using a variety of strength and conditioning exercises. Each class offers a full body workout which provides noticeable results in a short amount of time. Whether your goal is muscle tone, weight loss, or both, this class will provide what you are looking for in a fitness class.

TAI CHI QIGONG with Jean (ALL LEVELS) ALL LEVELS OF FITNESS CAN BENEFIT!

Based on the principles of Qigong Tai Chi, participants learn to incorporate deep restorative breathing with slow and mindful movement. The slow and mindful pace will help to increase balance, flexibility, and increased relaxation. Tai Chi is an exercise of both body and mind.

YOGA LEVEL 2 with Terry (BEGINNER/INTERMEDIATE/Level 1 Required)

This class combines breathing techniques, yoga postures and relaxation to reduce stress, increase flexibility and balance the body, mind and spirit.