



# MIDDLESEX YMCA GROUP FITNESS SCHEDULE

All classes listed are INCLUDED in MEMBERSHIP!

Updated 5.15.25 - See online schedule for most up to date version.

Fitness  
Studio

Cycling  
Studio

Gymnasium

Camp  
Ingersoll

All classes are 60 minutes  
unless specified otherwise.



|          | MON   | TUES  | WED  | THU   |                                     | FRI  | SAT   | SUN                                  |
|----------|---|---|--|---|-------------------------------------|--|---|--------------------------------------|
| 6:00 AM  | 6-7<br>Bike & Build<br>Bootcamp<br>Lexi     |   | 6-7<br>Circuit Strength<br>Abby            | 6-7<br>Rise & Ride<br>Lexi                      |                                     | 6-7<br>Mindful Morning<br>Yoga<br>Amy      |   |                                      |
| 8:00 AM  |   |   | 8:30-9:30<br>Afro Beats 360<br>Jewel       |   |                                     | 8:30-9:10<br>Core 360<br>Lexi              | 8:00-8:50<br>Strength<br>Missy  | 8-9<br>Yogalates<br>Gwen/Nicky       |
| 9:00 AM  |   |   |  |   |                                     |  |   |                                      |
| 9:20 AM  | 9:20-10:20<br>Strength &<br>Stretch<br>John |   | 9:20-10:20<br>Complete<br>Cycling<br>Sarah | 9:20-10:15<br>Hip Hop<br>Candice                | 9:20-9:50<br>HIIT Cycle<br>Cindi P. | 9:20-10:15<br>Fat Burner<br>Friday<br>Dave | 9:00-10:00<br>Cycle Journey<br>Missy  | 9:30-10:30<br>Zumba<br>Mary          |
| 10:00 AM | 10:30 -11:30<br>Afro Beats 360<br>Jewel     | 10:15-11:10<br>Move Well<br>Jack              | 10:30-11:30<br>Move Well<br>Nick           | 10:00-10:30<br>Core & Stretch<br>Cindi P.       |                                     |  |   |                                      |
| 11:15 AM |   | 11:15-12:15<br>Gentle Chair<br>Yoga<br>Masila |  | 11:15-12:15<br>Gentle Chair Yoga<br>Masila      |                                     |  |   | 11:30-12:30<br>Power Circuit<br>Nick |
| 11:45 AM | 11:45-12:45<br>Silver Sneakers<br>Masila    |   |  |   |                                     | 11:45-12:45<br>Silver Sneakers<br>Gwen     | <div>Schedule Changes sent out via our MOBILE APP. DOWNLOAD TODAY!</div> <div></div>      |                                      |
| 4:30 PM  | 4:30-5:15<br>Yoga Flow<br>John              |   |  |   |                                     |  |   |                                      |
| 5:00 PM  | 5:30-6:00<br>Sprint Cycle<br>Lindsey        | 6:00-7:00<br>Yoga<br>Nicky                    | 5-5:45<br>Power Sculpt<br>Dave             | 5:30-6:00<br>Circuit Strength<br>Lisa           |                                     |  |   |                                      |
| 6:00 PM  | 6-7<br>Triple Threat<br>Nick                |   | 6-7<br>Zumba<br>Mary                       | 6:00-6:30<br>Core, Stretch &<br>Balance<br>Lisa |                                     |  | <div>VISIT OUR WEBSITE TO VIEW THE MOST UP TO DATE SCHEDULE</div> <div></div> <div></div> |                                      |

# GROUP EX CLASS DESCRIPTIONS:

## BALANCE & YOGA

### CORE, BALANCE & STRETCH:

This class is designed to build strength in core muscles, and muscles used for balance. This also focuses on whole body flexibility and relaxation. Exercises will use a variety of equipment such as chairs, stability balls, bands, and hand weights. All levels are welcome.

### GENTLE CHAIR YOGA:

A more challenging stretch & yoga class for Active Older Adults. Seated warmup, transitions to standing yoga moves, and deeper stretches to improve flexibility balance, range of movement and finishes with restorative breathing and relaxation. A chair is always available for support if needed.

### SILVER SNEAKERS:

Move through a variety of different exercises designed to increase muscular strength, range of motion, and activity for daily living skills. This class utilizes hand-held weights, elastic tubing, and a ball for resistance, as well as a chair for seated and/or standing support.

### PILATES:

For beginners to intermediate levels, this Pilates class trains the body as an integrated whole, focusing on core, lower body, and upper body strength as well as flexibility and posture.

### MINDFUL MORNING YOGA:

This 60-minute class is similar to regular yoga, but with several forms of energetic vinyasa-style exercise. All levels are welcome!

### MOVE WELL:

Move Well is a gentle, low-impact group exercise class designed to help you feel better in your body through stretching and mindful movement. This class focuses on: Improving flexibility, Enhancing joint range of motion, Increasing body awareness. Suitable for all fitness levels, Move Well helps you move more comfortably in your daily life. Join us for six weeks of guided movement and self-care!

### YOGA:

Foundational yoga postures to align, strengthen and promote flexibility in the body, while incorporating breathing and meditation.

### YOGA FLOW:

This class is a creative, eclectic blend of many yoga traditions and styles. This class is made to accommodate everyone, modifying postures using a variety of props from blocks to straps, etc.

## GROUP CYCLING CLASSES

### SPRINT CYCLE

This short 30-minute class focused on building cardiovascular fitness using alternate brief moderate to high intensity working intervals and rest periods. Basic cycling techniques are still taught.

### COMPLETE CYCLING

A varied workout and includes all aspects of group cycling.

### H.I.I.T. CYCLE

Moderate intensity interval training, combined with basic cycling concepts.

### RISE & RIDE

An early morning cycling class, designed to give the complete cycling experience.

## STRENGTH & CARDIO

### NEW! AFRO BEATS 360 BODY BLAST

This dynamic group exercise class blends classic resistance training with the infectious rhythms of Afrobeats music. You'll train every major muscle group while moving in sync to the beat—building strength and improving coordination. No dance experience required—just bring your energy and let the rhythm move you!

### NEW!! CORE 360

Redefine your core strength with Core360—a dynamic, energizing 30-minute workout that goes beyond sit-ups and crunches. Using functional, full-body movements and compound exercises, this class targets your core from every angle to build stability, power, and balance. Train with integrated movement patterns that challenge multiple muscle groups at once, strengthening your foundation and enhancing overall performance.

### CIRCUIT STRENGTH:

Full body strength class in multiple circuits aiming to target strength throughout the entire body.

### FAT BURNER FRIDAY:

Total body workout that involves cardio, weight, and core.

### STRENGTH:

Full body strength class is aimed at lean muscle gains and fat loss.

### STRENGTH & STRETCH:

Interval resistance training strength building class using resistance such as body weight, kettlebells, dumbbells, bands and more. Core conditioning finish followed by a yoga & martial arts based stretch routine to cool down.

### TRIPLE THREAT:

Full body strength, core & stretch class. All levels are welcome.

### POWER SCULPT:

This dynamic, high-energy workout combines resistance training, bodyweight exercises, and functional movements to help you build lean muscle, enhance endurance, and sculpt your body from head to toe. Designed for all fitness levels, Power Sculpt offers a comprehensive approach to strength training that targets every major muscle group.

### HIP HOP:

An easy-to-follow dance fitness class incorporating choreography, fun and fitness.



### ZUMBA:

A fitness class that involves high-paced cardio inspired by Latin dance



### CYCLE JOURNEY

This class consists of travelling on different roads consisting of sprints, hills, flat roads, mountains, jumps, continuous climbs and ladder runs.

### BIKE & BUILD BOOTCAMP

This high-energy, dynamic class is designed to push your limits and transform your fitness. Combining the best of strength training and cycling, this class offers a comprehensive workout that targets every muscle group while boosting your cardiovascular endurance.