

GROUP EXERCISE CLASS SCHEDULE

Effective JAN. 2 – WINTER SESSION

FRANKLIN LAKES
COMMUNITY CENTER

a Proud Partner of
WYCKOFF FAMILY YMCA

MONDAY:

- TOTALLY TONED**
8:00-9:00am
S2 - Silvia
- RIPPED®**
9:15-10:15am
S2 - Allison
- BARRE SCULPT**
9:15-10:00am
S1 - Flora
- ZUMBA GOLD®**
10:15-11:00am
S2 - Clara
- YOGA MIX**
10:15-11:15am
S3 - Carrie
- AOA CHAIR FITNESS**
11:00-11:45am
S2 - Christina B.
- CARDIO EXPRESS**
5:30-6:00pm
S2 - Ellen
- TOTALLY TONED EXPRESS**
6:00-6:30pm
S2 - Ellen
- WALK & TONE**
6:30-7:15pm
S2 - Ellen
- HATHA YOGA**
6:30-7:30pm
S3 - Kim

TUESDAY:

- MORNING BURN**
6:15-7:00am
S2 - Jody
- CARDIO SCULPT**
8:00-8:45am
S2 - Merrill
- HATHA YOGA**
9:15-10:15am
S1 - Susan
- CARDIO KICK & JAB**
9:15-10:00am
S2 - Alison
- TOTALLY TONED**
10:15-11:00am
S1 - Ellen
- GENTLE YOGA**
10:30-11:30am
S2 - Susan
- WALK & TONE**
11:00-11:45am
S1 - Ellen
- CARDIO SCULPT**
5:30-6:15pm
S2 - Sam
- ZUMBA®**
6:15-7:15pm
S2 - Ania

WEDNESDAY:

- BARRE SCULPT**
8:00-9:00am
S2 - Jody
- ZUMBA®**
9:15-10:15am
S2 - Lu
- 4-3-2-1** **NEW!**
9:15-10:00am
S3 - Chrissy
- RESTORATIVE YOGA**
10:15-11:15am
S2 - MaryAnn
- C.B.S.** **NEW!**
10:15-11:00am
S1 - Sunny
- AOA TRAINING**
11:15-12:00pm
S1 - Christina B.
- HATHA YOGA**
5:30-6:30pm
S3 - Susan
- SPEEDBALL®**
5:30-6:00pm
S2 - Jill S.
- TOTALLY TONED**
6:00-6:45pm
S2 - Jill S.

THURSDAY:

- MORNING BURN**
6:15-7:00am
S2 - Jody
- CARDIO SCULPT**
8:00-8:45am
S2 - Jeannie
- HATHA YOGA**
9:15-10:15am
S2 - Susan
- TABATA TRAINING**
9:15-10:00am
S1 - Chrissy
- WALK & TONE**
10:15-11:00am
S2 - Clara
- AOA CHAIR FITNESS**
11:00-11:45am
S2 - Christina B.
- EDGE EXPRESS** **NEW!**
5:30-6:00pm
S2 - Lu
- TOTALLY TONED EXP.**
6:00-6:30pm
S2 - Lu
- ZUMBA®**
6:30-7:30pm
S2 - Lu

FRIDAY:

- SUNRISE YOGA**
6:15-7:00am
S1 - Kim
- TOTALLY TONED**
8:00-9:00am
S2 - Silvia
- ZUMBA®**
9:15-10:15am
S2 - Lu
- BARRE SCULPT**
9:15-10:15am
S1 - Melissa K
- HATHA YOGA**
10:15-11:15am
S2 - Cathy
- TAI CHI**
11:15-12:00pm
S2 - Cathy

SATURDAY:

- 4-3-2-1** **NEW!**
8:15-9:00am
S2 - Jody
- ZUMBA TONE®**
9:15-10:15am
S2 - Lu

SUNDAY:

- HATHA YOGA**
8:30-9:30am
S3 - Carrie
- CARDIO SCULPT**
9:30-10:30am
S2 - Silvia

STRENGTH
CARDIO
CARDIO/STRENGTH
YOGA

*Class and Instructor subject to change.

PLAN YOUR HEALTHY
BALANCED WORKOUT

✓ Check it off so it's easy to plan your week!

GROUP EXERCISE CLASS DESCRIPTIONS

DEFINE YOURSELF

STRENGTH

A.O.A CHAIR FITNESS: Burn calories and tone muscle while seated in a chair. Gentle and effective for beginners and older adults.

A.O.A TRAINING: A lower intensity program recommended for seniors. Participants will increase cardiovascular fitness, muscle strength and increase flexibility.

BARRE SCULPT: Combines elements of Ballet, Pilates, and Yoga. Engage your core muscles as you work through a challenging series of barre and body strength moves.

C.B.S. (CORE, BALANCE & STRETCH): A fusion of exercises that will improve flexibility, core strength and balance.

TOTALLY TONED: Define, firm, and condition all major muscle groups. This non-impact workout uses weights, resistance bands, body bars, and benches.

TOTALLY TONED EXPRESS: 30min. session.

MIX IT UP

CARDIO/STRENGTH

4-3-2-1: An interval training system including 4 min. of cardio, 3 min. of strength, 2 min. of core, 1 min. of stretch.

CARDIO SCULPT: A mixture of strength and cardio intervals for a total cross training effect.

EDGE: High intensity interval training circuit designed to boost metabolism and melt calories. Up to 16 stations in the studio rev your cardio, strength and endurance. Class may incorporate, bosus, medicine balls, dumb bells and more!

MORNING BURN: A cardio and conditioning workout like no other to get the day started! Using free-weights, resistance bands, and just your own body weight, this class will tone, burn & define your body. Burn calories, sculpt muscles, and "burn" your body into great shape.

R.I.P.P.E.D.®: Resistance, Intervals, Power, Plyometrics, Endurance, Diet. This 50 min. workout combines an easy, yet effective cardiovascular routine interlaced with weights and resistance, a combination that keeps your body moving.

SPEEDBALL®: A cardiovascular and muscular endurance class using a 2lb. medice ball as an athletic training tool. This functional training class will increase agility, speed, core strength, and stability while improving mobility and flexibility.

TABATA TRAINING: Fire up your metabolism and kiss calories goodbye in this unique style of High Intensity Interval Training (HIIT) that is easy to adapt to all levels. What's Tabata? 20 seconds of intense exercise and 10 seconds of rest. Perform 8 rounds for a total of 4 min.

WALK & TONE: Get off the treadmill and walk to a beat. Features low-impact walking moves that can be modified to a fast walk or jog for more intensity. Class is the equivalent of a three mile walk. May include light weights.

ZUMBA® TONE: Combines targeted body sculpting exercises and high-energy cardio work with Zumba moves to create a calorie-torching strength-training workout.

GET YOUR SWEAT ON

CARDIO

CARDIO EXPRESS: 30 minutes of cardio step, circuit, tabata or kick boxing. Instructor's choice.

CARDIO KICK & JAB: A cardiovascular workout incorporating boxing and kickboxing moves. A great total body workout.

ZUMBA® GOLD: Zumba for the Active Older Adults, beginner participant and other special populations who may need modifications for success. Created to emphasize the basics, this explosive program is so easy to follow that students at any age can do it.

ZUMBA®: High energy Latin and hip hop moves and rhythms with motivating music that is fun and easy too. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a "feel-happy" workout that is great for both the body and the mind.

JUST BREATHE

YOGA

PLEASE BRING YOUR OWN MAT TO CLASS.

GENTLE YOGA: As the body ages, muscles and joints begin to tighten which causes discomfort and anxiety about one's physical well-being. Learn deep breathing and relaxation techniques that will help you remain healthy and active. Class will be preformed standing as well as on the mat.

HATHA YOGA: Experience greater flexibility, strength, and increase your range of motion, balance, and reduce stress.

RESTORATIVE YOGA: Employs the use of props (pillows, blankets, blocks, etc) to support the body so that you can hold the poses longer, allowing the body to release through passive stretching.

SUNRISE YOGA: Wake up the right way with this early morning yoga class. Each posture and sequence is designed to ensure the body is prepared for the daily activities. Appropriate for beginners through skilled practitioners.

TAI CHI: The ancient art of Tai Chi may be an ideal form of exercise for people to relieve stress. You will feel relaxed after practicing the slow stretching, breathing, and gentle movements of Tai Chi.

YOGA MIX: A challenging mix of poses for all levels that incorporate breathing practices and mind focus for optimal strength, mental clarity, energy, and relaxation all rolled into one!

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NEED MORE INFO?

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