

GROUP EXERCISE CLASS SCHEDULE

Effective SEP. 5 – FALL 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
-  POWER YOGA
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
6:30-7:30pm
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
S2 - Susan
-  CARDIO KICK & JAB
9:15-10:00am
S3 - Alison
-  TOTALLY TONED
10:15-11:00am
S2 - Ellen
-  GENTLE YOGA
10:30-11:30am
S3 - Susan
-  WALK & TONE
11:00-12:00pm
S2 - Ellen
-  CARDIO SCULPT
5:30-6:30pm
S2 - Sam
-  ZUMBA®
6:30-7:30pm
S2 - Missy
-  BARRE-LATES
7:30-8:30pm
S1 - Samantha







WEDNESDAY:

-  BARRE SCULPT
8:00-9:00am
S2 - Silvia
-  ZUMBA®
9:15-10:15am
S2 - Lu
-  CARDIO SCULPT
9:15-10:15am
S3 - Chrissy
-  RESTORATIVE YOGA
10:15-11:00am
S3 - MaryAnn
-  PILATES
10:15-11:00am
S2 - Melyssa K.
-  AOA TRAINING
11:15-12:00pm
S2 - Christina B.
-  HATHA YOGA
5:30-6:30pm
S3 - Robin
-  SPEEDBALL® 
5:30-6:00pm
S2 - Jill S.
-  ARMS & ABS
6:00-6:30pm
S2 - Jill S.
-  LOWER BOTTOM BLAST
6:30-7:00pm
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
9:15-10:15am
S3 - Chrissy
-  WALK & TONE
10:15-11:00am
S2 - Clara
-  AOA CHAIR FITNESS
11:00-11:45am
S2 - Christina B.
-  TOTALLY TONED
5:30-6:30pm
S2 - Lu
-  ZUMBA®
6:30-7:30pm
S2 - Lu
-  HATHA YOGA
6:30-7:30pm
S3 - Colleen

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:

-  CARDIO SCULPT
8:15-9:00am
S2 - Jody
 -  ZUMBA TONE®
9:15-10:15am
S2 - Lu
 -  TOTALLY TONED
10:15-11:00am
S2 - Lu
- ## SUNDAY:
-  HATHA YOGA
8:30-9:30am
S3 - Carrie
 -  CARDIO SCULPT
9:30-10:30am
S2 - Silvia

STRENGTH
CARDIO
CARDIO/STRENGTH
YOGA

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.

ARMS & ABS: Dare to go bare and show off your sculpted upper body. This express class tones everything from your waist up.

BARRE-LATES: Take the elements of barre and infuse them with pilates for a unique mind/body experience.

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.

LOWER BOTTOM BLAST: It's bottoms up in this express class for everything south of your waistline.

PILATES: A mind-body program that tones and strengthens muscles, reduces stress, and creates a streamlined body shape. Improve core postural muscle strength, stability, and flexibility through graceful movements.

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

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

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

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

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 performed standing as well as on the mat.

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

POWER YOGA: A traditional Hatha yoga practice that generates heat through a vigorous flowing series of yoga postures coordinated with enhanced breathing to develop strength and flexibility. An athletic class for mixed levels.

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.

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NEED MORE INFO?

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