



**Newark YMCA @ UMDNJ  
WELLNESS SCHEDULE  
June 14– Sept 30**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING CLASSES</b>				
<b>6:30-7:30 AM</b>	<b>6:30-7:30 AM</b>	<b>6:30-7:30 AM</b>	<b>6:30-7:30 AM</b>	<b>6:30-7:30 AM</b>
Spinning	Kick Boxing	Spinning	Kick Boxing	Spinning
<b>7:00-8:00 AM</b>	<b>7:30-8:30 AM</b>	<b>7:00-8:00 AM</b>	<b>7:30-8:30 AM</b>	<b>7:30-8:30 AM</b>
Plyometrics	Yoga	Boot Camp	Pilates	Yoga
<b>AFTERNOON CLASSES</b>				
<b>12:15-1:00 PM</b>	<b>12:00-1:00 PM</b>	<b>12:15-1:00 PM</b>	<b>12:00-1:00 PM</b>	<b>12:15-1:00 PM</b>
Zumba	Spinning	Total Body Condition	Spinning Plus	Step
<b>4:00-5:00 PM</b>	<b>12:15-1:00 PM</b>	<b>4:30-5:30 PM</b>	<b>12:15-1:00 PM</b>	<b>5:00-6:00 PM</b>
Total Body Condition	Belly Dancing	Dance Aerobic	Zumba	Spinning
<b>5:00-6:00 PM</b>	<b>1:15-2:15 PM</b>	<b>5:00-6:00 PM</b>	<b>4:00-5:00 PM</b>	
Belly Dancing	Spinning Plus	Spinning	Step	
<b>5:00-6:00 PM</b>	<b>4:00-5:00 PM</b>	<b>5:30-6:30 PM</b>	<b>5:00-6:00 PM</b>	
Spinning	Kick Boxing	H.A.B.I.T	Pilates	
<b>6pm-7 PM</b>	<b>5:00-6:00 PM</b>	<b>6:00-7:00 PM</b>	<b>6:00-7:00 PM</b>	
Boot Camp	Zumba	Spinning	Boot Camp	
	<b>6:00-7:00 PM</b>	<b>7:00-8:00 PM</b>	<b>7:00-8:00 PM</b>	
	Boot Camp	Plyometrics	Yoga	
	<b>7:00-8:00 PM</b>			
	Yoga			

SATURDAY
<b>10:30-11:30 AM</b>
Dance /Core Fit
<b>11:30-12:30 AM</b>
Yoga

**Classes  
are subject to  
change**

**Hours of  
Operation**

**Mon-Fri  
6:00AM-9:00PM**

**Saturday  
9:00AM-1:30PM**

**Sunday  
CLOSED**

**90 Bergen Street  
DOC Building 2FL.  
Newark, NJ 07103  
973-273-9622**

# Fitness Class Descriptions

**Boot Camp:** This is an interval workout designed to build your cardiovascular endurance. This unbelievable military style workout incorporates aerobics, calisthenics, drills, and resistance training.

**Dance Aerobic:** High energy dance class that incorporates fun and exciting dance moves to keep your heart pumping.

**Kick Boxing:** This is an exciting, high paced, easy to follow kickboxing workout. Throw powerful kicks and punches to develop your strength, speed, endurance, balance, and coordination.

**Beginner Step:** A step class for all newcomers. Teaches you safety techniques and step movements.

**Aero Box:** A fast paced cardio workout that utilizes boxing technique. This high intensity workout is designed to get your heart rate up and get your muscles burning...Which equals a super cardiovascular workout!

**Pilates:** You will practice a variety of practical mat exercises with a focus on conditioning the body from the inside out. Learn the importance of core stabilization, muscle balance, proper alignment, strength and flexibility while integrating the concepts of mindfulness, fluidity and grace.

**H.A.B.I.T: (Hips, Abs, Buns, & Incredible Thighs)**  
An intense lower body conditioning class designed to target the hips, abdominals, glutes, quadriceps, and hamstrings.

**Core Fit:** Incorporates unique workout methods using stability ball to tighten and strengthen for all ages.

**Zumba:** Is a style of intense dance –aerobic workout with pulsating Latin music.

**Total Body Conditioning:** This workout uses weights and/or body bars to promote muscular endurance, flexibility and body alignment.

**Sports Circuit:** This class consists of resistance training, cardiovascular work and sports-specific drills.

**Yoga:** Is a physical and mental practice that aims to help you increase flexibility and strengthen muscles.

**Spinning:** A vigorous indoor cycling workout to help you burn calories and challenge your level of fitness.

**Hip Hop Aerobics:** A fun and exciting workout that shows you the hottest dance trend.

**Plyometrics** – designed to produce fast, powerful movements to improve performance.

**Belly Dance:** An introduction to full rapid body movement which will focus on the hips, abs and shoulders.

**All Fitness Classes are included with your membership.**