



# Monmouth-Independence YMCA Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Bootcamp</b> 5:30 AM		<b>Bootcamp</b> 5:30 AM		<b>Bootcamp</b> 5:30 AM
<b>Body Flex</b> 8:30 AM		<b>Body Flex</b> 8:30 AM		<b>Body Flex</b> 8:30 AM
<b>EnhanceFitness®</b> *Registration Only* 9:30 AM	<b>Gentle Yoga</b> 9:30 AM	<b>EnhanceFitness®</b> *Registration Only* 9:30 AM	<b>Gentle Yoga</b> 9:30 AM	<b>EnhanceFitness®</b> *Registration Only* 9:30 AM
		<b>Zumba®</b> 5:30 PM		
<b>Zumba®</b> 7:00 PM		<b>Zumba®</b> 7:00 PM		

Interested in personal  
training?  
Scan the QR code below!



Scan the QR code below to  
view Salem YMCA Group  
Fitness Schedule!



# Class Descriptions

## Body Flex

Using traditional weight training techniques set to music, this class enables you to achieve extra muscle tone to help reshape your body, increase strength, flexibility, endurance, and bone density.

## Boot Camp

High-intensity, military-style workout class. It will incorporate cardiovascular and strength training. This class routine will vary from obstacle courses to circuit training. This is for all levels of physical fitness.

## Enhanced Fitness®

This group exercise program at the YMCA helps participants improve their strength, balance, and flexibility. The program is designed to help participants become more active and independent.

## Gentle Yoga

Slow flow that focuses on flexibility and strength along with focusing on breath work to ease the nervous system. All levels welcome.

## Hatha Yoga

Traditional form of yoga that emphasizes physical postures (asanas), breathing techniques (pranayama) and meditation.

## Zumba®

An exercise fitness program that combines motivational music with Latin dance moves and combinations that allow you to dance away your worries. This class uses interval and resistance training to burn fat, tone muscles, and give a total body workout.

## Facility Hours:

Monday through Friday	Saturday	Sunday
8:00-12:30 PM	8:00-11:00 AM	CLOSED
3:00-8:30 PM		