

HEALTH & FITNESS

PRESCHOOL

FANTASTIC FUN FITNESS (Ages 3-5)

A wide variety of activities. High energy class encouraging teamwork, improved coordination, flexibility & agility skills. Circuits, jump rope, fitness obstacle courses, relays, games. Fitness is FUN!

M 3:30-4:00PM
SU* 12:30-1:00PM - No class 12/25

Full Privilege **FREE**, Basic **\$39**
*Sunday class: Full Privilege **FREE**, Basic **\$35**

JUMP ROPE AND HULA HOOP (Ages 3-5)

Learn different techniques of jump rope and hula hoop. Jump, Hula and have fun in this half hour cardio blast class. Targeted to increase coordination and cardiovascular fitness.

M 4:00-4:30PM
SU* 1:00-1:30PM - No class 12/25

Full Privilege **FREE**, Basic **\$39**
*Sunday class: Full Privilege **FREE**, Basic **\$35**

YOUTH

BASIC STEP

Learn the basic steps with fun upbeat music. This class starts off from the beginning learning the correct foot work then incorporating more complicated moves at your pace. This is a great class to help with coordination and is a great cardio workout.

M 5:30-6:00PM Ages 6-10
TH* 6:15-6:45PM Ages 11-16
No class 11/24

Full Privilege **FREE**, Basic **\$39**
*Thursday class: Full Privilege **FREE**, Basic **\$35**

BOOT CAMP (Ages 6-10 & Ages 11-16)

Increase overall fitness or sports performance with this packed 30 minutes of fun! Different stations are set up weekly to challenge the mind and body.

Ages 6-10
M 6:00-6:30PM
TU 6:30-7:00PM
SU* 11:30-12:00PM - No class 12/25

Ages 11-16
M 6:00-6:30PM
F 7:00-7:30PM
SU* 11:30-12:00PM - No class 12/25

Full Privilege **FREE**, Basic **\$39**
*Sunday class: Full Privilege **FREE**, Basic **\$35**

CARDIO KICKBOXING

Participants will get an ultimate workout, punching and kicking their way on improving their cardiovascular ability, strength, coordination and self confidence.

Ages 6-10
M 5:00-5:30PM
SU* 12:00-12:30PM - No class 12/25

Ages 11-16
TH* 5:45-6:15PM - No class 11/24
W 6:45-7:15PM
F 7:30-8:00PM

Full Privilege **FREE**, Basic **\$39**
*Thursday or Sunday classes:
Full Privilege **FREE**, Basic **\$35**

FANTASTIC FUN FITNESS (Ages 6-10)

A wide variety of activities. High energy class encouraging teamwork, improved coordination, flexibility & agility skills. Circuits, jump rope, fitness obstacle courses, relays, games. Fitness is FUN!

SA 1:00-1:30PM

Full Privilege **FREE**, Basic **\$39**

JUMP ROPE & HULA HOOP (Ages 6-10)

Learn different techniques of jump rope and hula hoop. Jump, Hula and have fun in this half hour cardio blast class. Targeted to increase coordination and cardiovascular fitness.

SA 1:30-2:00PM

Full Privilege **FREE**, Basic **\$39**

KICKBOXING CIRCUIT WITH BAGS

Join the fun of Kickboxing Circuit! This class will be taught by certified instructors to give guidance and education on exercises preformed in class. This class focuses on teaching fun combinations of punches, kicks, and jabs on the bag!
Gloves are needed for class and can be purchased at a local sports store.

SA 2:15-2:45PM Ages 8 & Up
SU* 10:30-11:00AM Ages 8 & Up
*No class 12/25

Full Privilege **\$10**, Basic **\$16**
*Sunday class: Full Privilege **\$9**, Basic **\$14**

MEGA MIX (Ages 11 - 16)

This is a fun packed class full of different challenges using various equipment. This class will incorporate the step, free weights, and resistance bands for a full body strength routine as well as a cardiovascular workout.

W 5:45-6:15PM
SU* 11:00-11:30AM - No class 12/25

Full Privilege **FREE**, Basic **\$39**
*Sunday class: Full Privilege **Free**, Basic **\$35**

MORE 4 CORE

Exercises are geared to strengthen all areas of the abdominals and upper to lower back. Improvements will be made in posture and strength of the core.

TU 6:00-6:30PM Ages 6-10
W 6:15-6:45PM Ages 11-16

Full Privilege **FREE**, Basic **\$39**

STRENGTH & CONDITIONING (Ages 10-15)

Designed to enhance the overall fitness level of the adolescent. A combination of strength training & cardio exercises. Students train two times a week with a certified YMCA fitness trainer.

M & TH* 4:30-5:30PM - No class 11/24
TU & F 7:00-8:00PM

Full Privilege **\$89**, Basic **\$120**
* M/TH class: Full Privilege **\$85**, Basic **\$114**

Mid Session interest list is at Member Services with a new class to begin the week of 12/12

YOGA (Beginner)

Programs use stories & music to increase body awareness, improve flexibility, balance coordination, improve focus, concentration, create calm and boost self esteem.

TU	5:00-5:45PM	Beginner
TU	5:45-6:30PM	Intermediate
SA	10:00-10:45AM	Beginner
SA	10:45-11:30AM	Intermediate

Full Privilege **\$46**, Basic **\$78**

ZUMBA

Get ready to have a blast. Zumba is one of the best classes to take if you're looking to have fun as you exercise. Dance the traditional salsa, samba and merengue to upbeat music that is sure to get the feet moving and heart pumping. Zumba's easy to follow dance moves helps increase cardiovascular fitness, coordination and self confidence.

TH	5:30-5:45PM - No class 11/24
TH	5:45-6:30PM - No Class 11/24

Full Privilege **\$41**, Basic **\$70**

ADULT

FITNESS LEVEL DESCRIPTIONS

The Ocean County YMCA offers 3 levels of fitness classes. Classes listed as All levels offer modifications for more or less intensity.

Beginner – Includes gentle range of motion, strengthening and flexibility exercises with little impact.

Intermediate – Moderate exercises with some impact and use of resistance equipment, modifications are demonstrated.

Advanced – Vigorous class, medium to high intensity, may include all levels of impact and resistance equipment.

10 CLASS PASS

Provides a flexible class schedule option for Pilates, Yoga & Zumba

Full Privilege **\$65**, Basic **\$99**

AGELESS AEROBICS (Beginner/Intermediate)

This low impact cardio and strength training class is a great way to start off your day. Get fit and have fun by learning the basics of group exercise.

M	7:30-8:15AM
M	8:15-9:00AM
W	7:30-8:15AM
W	7:00-7:45PM
F	7:30-8:15AM
F	8:15-9:00AM

45 minute class, Full Privilege **FREE**, Basic **\$48**

AGELESS BOOTCAMP (Beginner/Intermediate)

Achieve all-around physical fitness by combining strength, aerobic, balance, agility, and flexibility activities in a circuit format. Exercises are designed specifically to enhance the daily living of the adult. All ages are welcome and will benefit from this class.

W	8:15-9:00AM
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Full Privilege **FREE**, Basic **\$48**

BALLS, BANDS & BARS (All levels)

Increase core strength and muscle definition with this low impact exercise class. The class is designed using stability balls for balance and coordination, bands for definition, and bars for strength!

TU	10:15-11:00AM
TU	7:00-7:45PM

Full Privilege **FREE**, Basic **\$48**



HEALTH & FITNESS

BODY BLAST (Intermediate/Advanced)

This is an intense weight training workout that targets all upper and lower body muscle groups using various resistance tools.

W 3:15-4:00PM – 45 minute class
F 9:30-10:30AM – 60 minute class
F 5:55-6:55PM – 60 minute class

45 minute class, Full Privilege **FREE**, Basic **\$48**

60 minute class, Full Privilege **FREE**, Basic **\$62**

BODY FAT CHALLENGE 1/2-3/31

Find listing on page 26

BOOT CAMP (Intermediate/Advanced)

Circuit training with a high level of conditioning and ballistic movements to tone, reshape and strengthen your entire body.

W 9:45-10:45AM
W 6:15-7:15PM outside class
SU* 8:30-9:30AM – No class 12/25

Full Privilege **FREE**, Basic **\$62**

*Sunday Class: Full Privilege **FREE**, Basic **\$56**

BUTTS & GUTS (All levels)

Train the weak links of your body. Look, move, and feel better by toning your abdominal, oblique and glute muscles in this 30 minute class.

TH* 6:45-7:15PM – No class 11/24
SA 9:00-9:30AM

Full Privilege **FREE**, Basic **\$31**

*Thursday class: Full Privilege **Free**, Basic **\$27**

CARDIO INTERVAL (Advanced)

A nonstop and powerful exercise mix! Using intervals of strength and sports drills. This class is perfect to help you lose those stubborn pounds and to increase your cardiovascular fitness.

M 9:45-10:45AM
M 7:15-8:15PM

Full Privilege **FREE**, Basic **\$62**

CHAIR CORE (Beginner)

Strengthen low back and abdominal muscles without having to get on the floor. Decrease low back pain through a combination of postural, flexibility, and strengthening exercises.

W 8:30-9:00AM
F 9:00-9:30AM

Full Privilege **FREE**, Basic **\$31**

KICKBOXING CIRCUIT W/BAGS (Intermediate/Advanced)

Join the fun of Kickboxing Circuit! This class will be taught by certified instructors to give guidance and education on exercises preformed in class. This class focuses on teaching fun combinations of punches, kicks, and jabs on the bag! Must provide own gloves

TU 7:45-8:45PM
SU* 9:30-10:30AM – No class 12/25

Full Privilege **\$28**, Basic **\$46**

*Sunday class: Full Privilege **\$25**, Basic **\$41**

LINE DANCING

Come join other dancers and learn some Line Dances or just come for great exercise. Our Line dance classes are not just "Country." We have music for all genres. You never need a partner, but can bring your friends and have a lot of fun and exercise without knowing it!

W 9:00-9:45PM

Full Privilege **\$28**, Basic **\$46**

LITE & FIT (Beginner/Intermediate)

Low-impact floor aerobics are combined with intervals of strength and balance moves for a complete workout. Designed for beginner to intermediate of all ages!

TH 8:45-9:45AM – No class 11/24

Full Privilege **FREE**, Basic **\$49**

MEGA MIX (Intermediate/Advanced)

Not sure what class to take? Take parts from all our fitness classes and mix them up together in one class!

TH* 7:15-8:15PM – No class 11/24
SA 8:00-9:00AM
SA 4:45-5:45PM

Full Privilege **FREE**, Basic **\$62**

*Thursday class: Full Privilege **FREE**, Basic **\$55**

MORE 4 CORE (All levels)

Core strengthening, toning and fat burning exercises.

M 10:45-11:15AM
M 8:15-8:45PM
W 7:15-7:45PM

Full Privilege **FREE**, Basic **\$31**

PILATES MAT (Intermediate/Advanced)

This workout will focus on strengthening, stretching the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles conditioning the core and total body.

TU 6:45-7:45PM

Full Privilege **\$28**, Basic **\$46**

POWER STEP (Intermediate/Advanced)

Step it up in this class with fun and easy to follow choreography giving you a great cardiovascular workout.

TU 5:45-6:45PM

Full Privilege **FREE**, Basic **\$62**

5K RUNNING, THE BASICS (Beginner)

This is a beginner program providing you with the necessary tools to complete the 5K of your choice. Weekly topics include: form and breathing, stretching, selecting gear, nutrition, fluids and coaching tips.

SA 9:30-10:30AM

Full Privilege **\$76**, Basic **\$76**, Public **\$76**

RUNNING CONDITIONING (Intermediate/Advanced)

This is an intermediate/advanced program designed to improve performance through drills, speed work, hills, strength and flexibility training.

SA 8:15-9:15AM

Full Privilege **\$76**, Basic **\$76**, Public **\$76**

SILVER SNEAKERS 1 (Beginner/Intermediate)

Have fun & move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. Hand-held weights, exercise ball, elastic tubing with handles for resistance are used. Chair used for sitting/standing support.

M 9:00-9:45

M 9:45-10:30AM

W 10:45-11:30AM

SA 9:30-10:15AM

Full Privilege **FREE**, Basic **\$48**

*Monday class: Full Privilege **FREE**, Basic **\$43**

SILVER SNEAKERS 2 (Intermediate)

Take the next step from SilverSneakers 1. Low-impact cardiovascular conditioning class designed in a circuit format using resistance tools. A chair is used for standing support.

TU 9:45-10:30AM

F 10:30-11:15AM

Full Privilege **FREE**, Basic **\$48**

TAI CHI (Beginner)

On a sensory and visual level, Tai Chi is a slow dance. Because of its slow speed, tai chi is efficient and comfortable while conditioning the body-mind and the spirit. Moving freely, the fluidity of Tai chi circular motions gives definition without the use of external weights. Unintentionally, flexibility and range of motion increase. As the joints are lubricated, the muscles are massaged with the bones from the inside out, and in an elegant and pain-free way. Tai Chi is for seniors and beginners of all ages. Tai Chi can help with increased flexibility, strength, endurance, balance, and posture.

TU 10:35-11:20AM

Full Privilege **\$42**, Basic **\$66**



TAKE CONTROL OF YOUR HEALTH

Chronic Disease Self Management Class

Find listing on page 25

YOGA LEVEL 1 (Beginner)

A traditional Hatha Yoga program designed to increase flexibility & strengthen the body. 1 hour class combines breathing techniques, yoga postures and relaxation to reduce stress & balance the body, mind, & spirit. Taught by a certified Yoga Instructor- Registered Yoga Teacher.

W 9:30-10:30AM

W 6:30-7:30PM

Full Privilege **\$56**, Basic **\$89**

YOGA LEVEL 2 (Beginner/Intermediate)

For students who have completed Yoga Beginner Level I. New yoga postures & breathing techniques to prepare students for transition to Intern/Adv level class. 1 hour class combines breathing techniques, yoga postures and relaxation to reduce stress, increase flexibility & balance the body, mind and spirit.

TU 9:30-10:30AM

TH* 9:30-10:30AM - No class 11/24

TH* 6:30-7:30PM - No class 11/24

Full Privilege **\$56**, Basic **\$89**

*Thursday class: Full Privilege **\$50**, Basic **\$80**

YOGA (Intermediate/Advanced)

Extended class for students who have completed Yoga Levels I & II. More advanced yoga postures & variations that can be tailored to each student's abilities. Class types might include Power (yang), Restorative, Balance & Meditative, Vinyasa Flow and Hip Opener (yin). Extended class combines breathing techniques, yoga postures & relaxation, with increased emphasis on form & alignment.

TU 6:45-8:00PM

Full Privilege **\$69**, Basic **\$106**

YOGA THERAPEUTIC CHAIR

Hatha Yoga program developed for students with limited mobility, disabilities, wheelchair-bound, arthritis, & those who are not comfortable getting on the floor. All postures will be done sitting in a chair.

W 10:40-11:40AM

TU 10:40-11:40AM

Full Privilege **\$56**, Basic **\$89**

HEALTH & FITNESS

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Energize your body and achieve long-term benefits, while experiencing an absolute blast.

M 6:15-7:15PM – 60 minute class
TU 9:30-10:15AM – 45 minute class
TH* 6:15-7:15PM – 60 minute class
No class 11/24

45 minute class, Full Privilege **\$21**, Basic **\$35**
60 minute class, Full Privilege **\$28**, Basic **\$46**
*Thursday class: Full Privilege **\$25**, Basic **\$41**

PERSONAL TRAINING FOR YOUTH AND ADULTS

Our Personal Trainers can help you achieve your goals for strength, weight loss and special health considerations.

PERSONAL FITNESS & BODY FAT TEST

Stay on course with your health and fitness goals. Fitness test includes blood pressure, flexibility and lean muscle/body fat analysis.

FREE FOR FULL PRIVILEGE MEMBERS EVERY 6 MONTHS

PERSONAL TRAINING – ONE ON ONE

Individual One Hour session by appointment with a certified trainer for your personally designed fitness program, focusing on your future goals, and assisting you in maximizing your results. By appointment

- (1) One hour session,
Full Privilege **\$46**, Basic **\$79**
- (3) One hour sessions (one time trial)
Full Privilege **\$99**, Basic **\$115**
- (6) One hour sessions,
Full Privilege **\$235**, Basic **\$288**

PERSONALIZED STRENGTH TRAINING & CONDITIONING PROGRAM

Condensed 5 week program for Strength Training & Conditioning for individuals, or use to motivate with friends, couples and parent/child.

One Person, two days per week for five weeks
(10) One hour sessions

Full Privilege **\$336**, Basic **\$391**

Two people, two days per week for five weeks
(10) One hour sessions
Full Privilege **\$186** per person, Basic **\$278** pp

Call 732 341 9622 ext 2223 to make your one-on-one appointments.

PERSONAL TRAINERS:

Elsa DiMiele, WITS
Group Fitness Coordinator
Deborah Robinson, B.A., ACSM
Training Coordinator
Camille Ford, WITS
Dawnmarie Jacoby, WITS
Kathy Lent, AAI
Meredith Offenburger, NETA
Renee Ortner, WITS
Jennifer Roberts, NETA

Fitness Certifications:

AAAI- American Aerobic Association International
ACSM- American College of Sports Medicine
NETA- National Exercise Trainers Association
WITS- World Instructor Training School



NEW MEMBER ORIENTATION
Every new Full Privilege Member receives (3) half hour appointments with a Y Personal Trainer. Discuss your health and fitness level along with your goals and receive a mini training session to get you started on the right track. Please call 732 341 9622 ext 2223 to make your one-on-one appointment.