



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
DEER PATH ADULT GROUP FITNESS CLASSES
DECEMBER 1 thru 20, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRENGTH TRAIN 6:00am-7:00am Tracey L.-FS	INDOOR CYCLING 5:45am-6:45am Toni-FS	STRENGTH TRAIN 6:00am-7:00am Tracey L.-FS	COACH BY COLOR CYCLING 6:00am-7:00am Pete-FS	INDOOR CYCLING 5:45am-7:00am Tracey L.-FS	INDOOR CYCLING 7:00am-8:00am Toni-FS	COACH BY COLOR CYCLING 8:00am-9:00am Pete-FS
BALANCE & FLEX 7:45am-8:45am Wendy-MPR	STRENGTH TRAIN 7:30am-8:30am Ann-MPR	LOW IMPACT 8:00am-9:00am Lynn-MPR	BALANCE & FLEX 8:00am-9:00am Liz-FS	FUNCTIONAL STRENGTH 7:30am-8:15am Liz-FS	STRENGTH TRAIN 8:00am-9:00am Toni-FS	DEFEND 8:15am-9:15am Liz-MPR
DEFEND 9:15am-10:15am Teri-MPR	GROOVE 8:30am-9:30am Liz-MPR	CARDIO STEP 9:15am-10:15am Teri-MPR	DEFEND 9:00am-10:00am Liz-FS	LOW IMPACT 8:00am-9:00am Lynn-MPR	GENTLE YOGA 8:00am-9:00am Adam-MPR	KICKBOXING 9:15am-10:15am Liz-MPR
PILATES 10:30am-11:30am Jill-MPR	TABATA 9:30am-10:15am Liz-MPR	BOOT CAMP 9:15am-10:30am Beth-FS	GROOVE 9:15am-10:15am Jill-MPR	STRENGTH TRAIN 9:15am-10:15am Carmen-MPR	YOGA 9:15pm-10:30pm Adam-MPR	YOGA 9:30am-10:45am Janette-FS
STRENGTH TRAIN 10:30am-11:30am Sara-FS	STRENGTH TRAIN 9:15am-10:15am Carmen-FS	**CHAIR YOGA** 10:30am-11:45am Gail-MPR	PILATES FUSION 10:30am-11:30am Jill-MPR	CARDIO STEP 10:15am-11:15am Heena-MPR	GROOVE 9:30am-10:30am Liz-FS	
SENIOR SHAPE-UP 11:30am-12:15pm Carmen-MPR	COACH BY COLOR CYCLING 10:30am-11:30am Carmen-FS	WOMENS LIVING WELL 11:00am-11:45am Beth-FS	SENIOR SHAPE-UP 11:30am-12:15pm Eliana-MPR	COACH BY COLOR CYCLING 10:30am-11:30am Carmen-FS	ViPR 11:30am-12:00pm Denise-MPR	
TABATA 11:30am-12:00pm Sara-FS	SENIOR SHAPE-UP 11:30am-12:15pm Shelley/Lynn-MPR	**NO CHAIR YOGA** DECEMBER 19			ACTIVE 12:00pm-1:00pm Denise-MPR	
INDOOR CYCLING 12:00pm-1:00pm Beth-FS	YOGA 12:15pm-1:30pm Jill-MPR	STRENGTH TRAIN 12:00pm-1:00pm Teri-MPR	WOMENS LIVING WELL 12:30pm-1:30pm Beth-FS	STRENGTH TRAIN 12:00pm-1:00pm Jill-MPR		
WOMENS LIVING WELL 1:15pm-2:15pm Beth-FS	WOMENS LIVING WELL 1:30pm-2:30pm Beth-FS	SENIOR SHAPE-UP 12:15pm-1:00pm Shelley/Lynn-FS	YOGA 1:30pm-2:45pm Jill-FS	WOMENS LIVING WELL 12:00pm-1:00pm Beth-FS		
STRENGTH TRAIN 4:00pm-5:00pm Denise-FS	ZUMBA 5:00pm-6:00pm Mara-MPR	COACH BY COLOR CYCLING 1:15pm-2:15pm Renee M.-FS	ZUMBA 5:00pm-6:00pm Mara-FS	ZUMBA TONING 5:30pm-6:30pm Ann-FS	<p>STAY INFORMED OF ADULT GROUP FITNESS CLASS UPDATES JOIN HCY ADULT GROUP FITNESS TEXT ALERTS TEXT @adultgroup to the number 81010</p> <p>NEW ZUMBA TONING FRIDAY at 5:30pm DEER PATH</p> <p>CHRISTMAS TUESDAY, DECEMBER 25 HCYMCAs CLOSED</p> <p>FROM OUR HCY FAMILY TO YOURS HAPPY, HEALTHY HOLIDAYS!</p> <p>GIVE THE GIFT OF WELLNESS HCY GIFT CARDS MERRY FITNESS PROMOTION</p>	
GROOVE 5:00pm-6:00pm Denise-FS	CORE 5:30pm-6:00pm Sara-FS	STRENGTH TRAIN 4:00pm-5:00pm Denise-FS	STRENGTH TRAIN 7:00pm-8:00pm Wendy-MPR			
CARDIO STEP 6:00pm-7:00pm Denise-MPR	BALANCE & FLEX 6:00pm-7:00pm Liz-MPR	ViPR 5:15pm-5:45pm Denise-MPR				
COACH BY COLOR CYCLING 6:00pm-7:00pm Erika-FS	STRENGTH TRAIN 6:00pm-7:00pm Sara-FS	WOMENS LIVING WELL 6:45pm-7:45pm Beth-FS				
STRENGTH TRAIN 7:00pm-8:00pm Lisa-MPR		ACTIVE 7:00pm-8:00pm Denise-MPR				
			HLS = Healthy Living Studio	FS = Fitness Studio	MPR = Multi Purpose Room	Updated: November 29, 2018