



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA  
ROUND VALLEY ADULT GROUP FITNESS CLASSES  
DECEMBER 1 thru 20, 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ViPR</b> 8:30am-9:00am Jill-PR	<b>STRENGTH TRAIN</b> 5:50am-6:50am Teri-PR	<b>BALANCE &amp; FLEX</b> 5:50am-6:50am Teri-FS	<b>COACH BY COLOR CYCLING</b> 9:30am-10:30am Renee M.-CR	<b>STRENGTH TRAIN</b> 5:50am-6:50am Teri-PR	<b>DEFEND</b> 7:30am-8:30am Liz-FS	<b>INDOOR CYCLING</b> 8:00am-9:00am Renee W.-CR
<b>ROCK YOUR CORE</b> 9:00am-9:30am Jill-PR	<b>DEFEND</b> 9:30am-10:30am Teri-FS	<b>CORE FOCUS</b> 9:00am-9:30am Sara-PR	<b>CARDIO STEP</b> 9:30am-10:30am Teri-FS	<b>ViPR</b> 8:30am-9:00am Jill-PR	<b>COACH BY COLOR CYCLING</b> 8:15am-9:15am Renee M.-CR	<b>CARDIO STEP</b> 8:30am-9:30am Lauri/Christine-PR
<b>COACH BY COLOR CYCLING</b> 9:30am-10:30am Renee M.-CR	<b>YOGA</b> 10:30am-11:45am Heather-FS	<b>PILATES</b> 9:15am-10:15am Georganne-FS	<b>BROS &amp; JOES</b> 10:30am-11:30am Jason-PR	<b>ROCK YOUR CORE</b> 9:00am-9:30am Jill-PR	<b>GROOVE</b> 8:30am-9:30am Pam-PR	<b>TABATA</b> 9:15am-10:00am Renee W.-FS
<b>BOOT CAMP</b> 9:30am-10:30am Jason-PR	<b>BROS &amp; JOES</b> 10:45am-11:45am Jason-PR	<b>BOOT CAMP</b> 9:30am-10:30am Marianne-PR	<b>YOGA</b> 10:30am-11:45am Heather-FS	<b>BODY SHOCK</b> 9:30am-10:30am Julie-FS	<b>STEP &amp; SCULPT</b> 8:30am-9:30am Carrie-FS	<b>STRENGTH TRAIN</b> 9:30am-10:30am Ann-PR
<b>CARDIO STEP</b> 9:30am-10:30am Heena-FS	<b>MEDITATION</b> 11:45am-12:00pm Heather-FS	<b>INDOOR CYCLING</b> 9:30am-10:30am Sara-CR	<b>MEDITATION</b> 11:45am-12:00pm Heather-FS	<b>COACH BY COLOR CYCLING</b> 9:30am-10:30am Renee M.-CR	<b>STRENGTH TRAIN</b> 9:30am-10:30am Carrie-PR	
<b>STRENGTH TRAIN</b> 10:30am-11:30am Wendy-FS		<b>STRENGTH TRAIN</b> 10:30am-11:30am Sara-FS		<b>BALANCE &amp; FLEX</b> 10:30am-11:30am Jill-FS		
<b>TABATA</b> 5:30pm-6:15pm Jill-PR	<b>YOGA</b> 5:30pm-6:30pm Jill-FS	<b>ACTIVE</b> 5:30pm-6:30pm Jill-PR	<b>STRENGTH TRAIN</b> 4:15pm-5:15pm Denise-FS	<b>YOGA</b> 5:30pm-6:45pm Susan-FS		
<b>BALANCE &amp; FLEX</b> 5:30pm-6:30pm Heena-FS	<b>GROOVE</b> 6:30pm-7:30pm Jill-PR	<b>CARDIO STEP</b> 5:30pm-6:30pm Heena-FS	<b>GROOVE</b> 5:30pm-6:30pm Jill-PR			
<b>STRENGTH TRAIN</b> 6:30pm-7:30pm Jill-PR		<b>ZUMBA</b> 6:30pm-7:30pm Monique-FS	<b>BOOTCAMP</b> 5:30pm-6:15pm Liz-FS		<p><b>STAY INFORMED OF ADULT GROUP FITNESS CLASS UPDATES</b> <b>JOIN HCY ADULT GROUP FITNESS TEXT ALERTS</b> <b>TEXT @adultgroup to the number 81010</b></p> <p><b>NEW ZUMBA TONING FRIDAY at 5:30pm DEER PATH</b></p> <p><b>CHRISTMAS TUESDAY, DECEMBER 25 HCYMCA CLOSED</b></p> <p><b>FROM OUR HCY FAMILY TO YOURS HAPPY, HEALTHY HOLIDAYS!</b></p> <p><b>GIVE THE GIFT OF WELLNESS HCY GIFT CARDS</b></p>	
<b>BODY SHOCK</b> 6:30pm-7:30pm Karlyn-FS		<b>STRENGTH TRAIN</b> 6:30pm-7:30pm Jill-PR	<b>CORE FOCUS</b> 6:30pm-7:00pm Jill-PR			
<b>INDOOR CYCLING</b> 6:30pm-7:30pm Tracey B.-CR		<b>BALANCE &amp; FLEX</b> 7:30pm-8:30pm Jill-PR	<b>INDOOR CYCLING</b> 6:30pm-7:30pm Karlyn-CR			
			<b>BALANCE &amp; FLEX</b> 6:30pm-7:30pm Liz-FS			
			<b>ViPR</b> 7:00pm-7:30pm Jill-PR			
				CR = Cycle Room FS = Fitness Studio	PR = Program Room	Updated: November 30, 2018