



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ROUND VALLEY ADULT GROUP FITNESS CLASSES
JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ViPR 8:30am-9:00am Jill-PR	STRENGTH TRAIN 5:50am-6:50am Teri-PR	BALANCE & FLEX 5:50am-6:50am Teri-FS	COACH BY COLOR CYCLING 9:30am-10:30am Renee M.-CR	STRENGTH TRAIN 5:50am-6:50am Teri-PR	DEFEND 7:30am-8:30am Liz-FS	INDOOR CYCLING 8:00am-9:00am Renee W.-CR
ROCK YOUR CORE 9:00am-9:30am Jill-PR	DEFEND 9:30am-10:30am Teri-FS	CORE FOCUS 9:00am-9:30am Sara-PR	CARDIO STEP 9:30am-10:30am Teri-FS	ViPR 8:30am-9:00am Jill-PR	COACH BY COLOR CYCLING 8:15am-9:15am Renee M.-CR	CARDIO STEP 8:30am-9:30am Lauri/Christine-PR
COACH BY COLOR CYCLING 9:30am-10:30am Renee M.-CR	BROS & JOES 10:30am-11:30am Jason-PR	PILATES 9:15am-10:15am Georganne-FS	BROS & JOES 10:30am-11:30am Jason-PR	ROCK YOUR CORE 9:00am-9:30am Jill-PR	GROOVE 8:30am-9:30am Pam-PR	TABATA 9:15am-10:00am Renee W.-FS
BOOT CAMP 9:30am-10:30am Jason-PR	YOGA 10:30am-11:45am Heather-FS	BOOT CAMP 9:30am-10:30am Marianne-PR	YOGA 10:30am-11:45am Heather-FS	BODY SHOCK 9:30am-10:30am Julie-FS	STEP & SCULPT 8:30am-9:30am Carrie-FS	STRENGTH TRAIN 9:30am-10:30am Alt.Instructors-PR
CARDIO STEP 9:30am-10:30am Heena-FS	MEDITATION 11:45am-12:00pm Heather-FS	INDOOR CYCLING 9:30am-10:30am Sara-CR	MEDITATION 11:45am-12:00pm Heather-FS	COACH BY COLOR CYCLING 9:30am-10:30am Renee M.-CR	STRENGTH TRAIN 9:30am-10:30am Carrie-PR	
STRENGTH TRAIN 10:30am-11:30am Wendy-FS		STRENGTH TRAIN 10:30am-11:30am Sara-FS		BALANCE & FLEX 10:30am-11:30am Jill-FS		
TABATA 5:30pm-6:15pm Jill-PR	YOGA 5:30pm-6:30pm Jill-FS	ACTIVE 5:30pm-6:30pm Jill-PR	STRENGTH TRAIN 4:15pm-5:15pm Denise-FS	YOGA 5:30pm-6:45pm Susan-FS		
BALANCE & FLEX 5:30pm-6:30pm Heena-FS	GROOVE 6:30pm-7:30pm Jill-PR	CARDIO STEP 5:30pm-6:30pm Heena-FS	GROOVE 5:30pm-6:30pm Jill-PR			
STRENGTH TRAIN 6:30pm-7:30pm Jill-PR		ZUMBA 6:30pm-7:30pm Monique-FS	BOOTCAMP 5:30pm-6:15pm Liz-FS		<p align="center">STAY INFORMED OF ADULT GROUP FITNESS CLASS UPDATES JOIN HCY ADULT GROUP FITNESS TEXT ALERTS TEXT @adultgroup to the number 81010</p> <p align="center">NEW JANUARY 2019 MOSSA RELEASES</p> <p align="center">FRIDAY NIGHT GROOVE PARTY ROUND VALLEY NEW JANUARY 2019 RELEASE FRIDAY, JANUARY 11</p> <p align="center">NEW ZUMBA TONING WEDNESDAY 6:00pm DEER PATH</p> <p align="center">HCY IS HERE TO HELP YOU ACHIEVE</p>	
STEP & SCULPT 6:30pm-7:30pm Karlyn-FS		STRENGTH TRAIN 6:30pm-7:30pm Jill-PR	CORE FOCUS 6:30pm-7:00pm Jill-PR			
INDOOR CYCLING 6:30pm-7:30pm Tracey B.-CR		BALANCE & FLEX 7:30pm-8:30pm Jill-PR	INDOOR CYCLING 6:30pm-7:30pm Karlyn-CR			
			BALANCE & FLEX 6:30pm-7:30pm Liz-FS			
			ViPR 7:00pm-7:30pm Jill-PR			
				CR = Cycle Room FS = Fitness Studio	PR = Program Room	Updated: December 29, 2018