



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA  
DEER PATH ADULT GROUP FITNESS CLASSES  
JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STRENGTH TRAIN</b> 6:00am-7:00am Tracey L.-FS	<b>INDOOR CYCLING</b> 5:45am-6:45am Toni-FS	<b>STRENGTH TRAIN</b> 6:00am-7:00am Tracey L.-FS	<b>COACH BY COLOR CYCLING</b> 6:00am-7:00am Pete-FS	<b>INDOOR CYCLING</b> 5:45am-7:00am Tracey L.-FS	<b>INDOOR CYCLING</b> 7:00am-8:00am Toni-FS	<b>COACH BY COLOR CYCLING</b> 8:00am-9:00am Pete-FS
<b>BALANCE &amp; FLEX</b> 7:45am-8:45am Wendy-MPR	<b>STRENGTH TRAIN</b> 7:30am-8:30am Ann-MPR	<b>LOW IMPACT</b> 8:00am-9:00am Lynn/Instructor-MPR	<b>BALANCE &amp; FLEX</b> 8:00am-9:00am Liz-FS	<b>FUNCTIONAL STRENGTH</b> 7:30am-8:15am Liz-FS	<b>STRENGTH TRAIN</b> 8:00am-9:00am Toni-FS	<b>DEFEND</b> 8:15am-9:15am Liz-MPR
<b>DEFEND</b> 9:15am-10:15am Teri-MPR	<b>GROOVE</b> 8:30am-9:30am Liz-MPR	<b>CARDIO STEP</b> 9:15am-10:15am Teri-MPR	<b>DEFEND</b> 9:00am-10:00am Liz-FS	<b>LOW IMPACT</b> 8:00am-9:00am Lynn/Instructor-MPR	<b>GENTLE YOGA</b> 8:00am-9:00am Adam-MPR	<b>KICKBOXING</b> 9:15am-10:15am Liz-MPR
<b>PILATES</b> 10:30am-11:30am Jill-MPR	<b>TABATA</b> 9:30am-10:15am Liz-MPR	<b>BOOT CAMP</b> 9:15am-10:30am Beth-FS	<b>GROOVE</b> 9:15am-10:15am Jill-MPR	<b>STRENGTH TRAIN</b> 9:15am-10:15am Carmen-MPR	<b>YOGA</b> 9:15pm-10:30pm Adam-MPR	<b>YOGA</b> 9:30am-10:45am Janette-FS
<b>STRENGTH TRAIN</b> 10:30am-11:30am Sara-FS	<b>STRENGTH TRAIN</b> 9:15am-10:15am Carmen-FS	<b>**CHAIR YOGA**</b> 10:30am-11:45am Gail-MPR	<b>PILATES FUSION</b> 10:30am-11:30am Jill-MPR	<b>CARDIO STEP</b> 10:15am-11:15am Heena-MPR	<b>GROOVE</b> 9:30am-10:30am Liz-FS	
<b>SENIOR SHAPE-UP</b> 11:30am-12:15pm Carmen-MPR	<b>COACH BY COLOR CYCLING</b> 10:30am-11:30am Carmen-FS	<b>WOMENS LIVING WELL</b> 11:00am-11:45am Beth-FS	<b>SENIOR SHAPE-UP</b> 11:30am-12:15pm Eliana-MPR	<b>COACH BY COLOR CYCLING</b> 10:30am-11:30am Carmen-FS	<b>ViPR</b> 11:30am-12:00pm Denise-MPR	
<b>TABATA</b> 11:30am-12:00pm Sara-FS	<b>SENIOR SHAPE-UP</b> 11:30am-12:15pm Alt.Instructors-MPR	<b>**NO CHAIR YOGA**</b> JANUARY 2			<b>ACTIVE</b> 12:00pm-1:00pm Denise-MPR	
<b>INDOOR CYCLING</b> 12:00pm-1:00pm Beth-FS	<b>YOGA</b> 12:15pm-1:30pm Jill-MPR	<b>STRENGTH TRAIN</b> 12:00pm-1:00pm Teri-MPR	<b>WOMENS LIVING WELL</b> 12:30pm-1:30pm Beth-FS	<b>STRENGTH TRAIN</b> 12:00pm-1:00pm Jill-MPR		
<b>WOMENS LIVING WELL</b> 1:15pm-2:15pm Beth-FS	<b>WOMENS LIVING WELL</b> 1:30pm-2:30pm Beth-FS	<b>SENIOR SHAPE-UP</b> 12:15pm-1:00pm Alt.Instructors-FS	<b>YOGA</b> 1:30pm-2:45pm Jill-FS	<b>WOMENS LIVING WELL</b> 12:00pm-1:00pm Beth-FS		
<b>STRENGTH TRAIN</b> 4:00pm-5:00pm Denise-FS	<b>ZUMBA</b> 5:00pm-6:00pm Mara-MPR	<b>COACH BY COLOR CYCLING</b> 1:15pm-2:15pm Renee M.-FS	<b>ZUMBA</b> 5:00pm-6:00pm Mara-FS	<b>ZUMBA TONING</b> 5:30pm-6:30pm Ann-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 JANUARY 2019 MOSSA RELEASES</b></p> <p><b>FRIDAY NIGHT GROOVE PARTY ROUND VALLEY</b> <b>NEW JANUARY 2019 RELEASE FRIDAY, JANUARY 11</b></p> <p><b>NEW ZUMBA TONING WEDNESDAY 6:00pm DEER PATH</b></p> <p><b>HCY IS HERE TO HELP YOU ACHIEVE YOUR 2019 FITNESS GOALS</b></p>	
<b>GROOVE</b> 5:00pm-6:00pm Denise-FS	<b>CORE</b> 5:30pm-6:00pm Sara-FS	<b>STRENGTH TRAIN</b> 4:00pm-5:00pm Denise-FS	<b>STRENGTH TRAIN</b> 7:00pm-8:00pm Wendy-MPR			
<b>CARDIO STEP</b> 6:00pm-7:00pm Denise-MPR	<b>BALANCE &amp; FLEX</b> 6:00pm-7:00pm Liz-MPR	<b>ViPR</b> 5:15pm-5:45pm Denise-MPR				
<b>COACH BY COLOR CYCLING</b> 6:00pm-7:00pm Erika-FS	<b>STRENGTH TRAIN</b> 6:00pm-7:00pm Sara-FS	<b>ZUMBA TONING</b> 6:00pm-7:00pm Ann-MPR				
<b>STRENGTH TRAIN</b> 7:00pm-8:00pm Lisa-MPR		<b>WOMENS LIVING WELL</b> 6:45pm-7:45pm Beth-FS				
		<b>ACTIVE</b> 7:00pm-8:00pm Denise-MPR				
			HLS = Healthy Living Studio	FS = Fitness Studio	MPR = Multi Purpose Room	Updated: January 9, 2019