



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
DEER PATH ADULT GROUP FITNESS CLASSES
APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
STRENGTH TRAIN 6:00am-7:00am Tracey L.-FS	VIRTUAL CYCLING 5:45am-6:45am Toni S.-FS	STRENGTH TRAIN 6:00am-7:00am Tracey L.-FS	IGNITE! 6:00am-7:00am Pete K.-FS	INDOOR CYCLING 5:45am-7:00am Tracey L.-FS	VIRTUAL CYCLING 7:00am-8:00am Toni S.-FS	IGNITE! 8:00am-9:00am Pete K.-FS		
BALANCE & FLEX 7:45am-8:45am Wendy C.-MPR	GROOVE 8:30am-9:30am Liz P.-MPR	LOW IMPACT 8:00am-9:00am Teri S.-MPR	BALANCE & FLEX 8:00am-9:00am Liz P.-FS	LOW IMPACT 8:00am-9:00am Liz P.-MPR	STRENGTH TRAIN 8:00am-9:00am Toni S.-FS	DEFEND 8:15am-9:15am Liz P.-MPR		
DEFEND 9:15am-10:15am Teri S.-MPR	STRENGTH TRAIN 9:15am-10:15am Carmen F.-FS	CARDIO STEP 9:15am-10:15am Teri S.-MPR	DEFEND 9:00am-10:00am Liz P.-FS	STRENGTH TRAIN 9:15am-10:15am Carmen F.-MPR	GENTLE YOGA 8:00am-9:00am Adam D.-MPR	YOGA 9:15am-10:30am Janette L.-MPR		
STRENGTH TRAIN 10:00am-11:00am Sara H.-FS	TABATA 9:30am-10:15am Liz P.-MPR	BOOT CAMP 9:15am-10:30am Beth C.-FS	GROOVE 9:15am-10:15am Jill W.-MPR	CHAIR YOGA 10:30am-11:45am Gail S.-MPR	YOGA 9:15am-10:30am Adam D.-MPR			
PILATES 10:30am-11:30am Jill W.-MPR	IGNITE! 10:30am-11:30am Carmen F.-FS	CHAIR YOGA 10:30am-11:45am Gail S.-MPR	PILATES FUSION 10:30am-11:30am Jill W.-MPR	VIRTUAL CYCLING 10:30am-11:30am Carmen F.-FS	GROOVE 9:30am-10:30am Liz P.-FS			
BALANCE & FLEX 11:00am-12:00pm Sara H.-FS	SENIOR SHAPE-UP 11:30am-12:15pm Eliana D.-MPR	WOMENS LIVING WELL 11:00am-11:45am Beth C.-FS	SENIOR SHAPE-UP 11:30am-12:15pm Eliana D.-MPR		KICKBOXING 10:30am-11:30am Liz P.-MPR			
SENIOR SHAPE-UP 11:30am-12:15pm Carmen F.-MPR					ViPR 11:30am-12:00pm Denise K.-MPR			
INDOOR CYCLING 12:00pm-1:00pm Beth C.-FS	YOGA 12:15pm-1:30pm Jill W.-MPR	STRENGTH TRAIN 12:00pm-1:00pm Teri S.-MPR	WOMENS LIVING WELL 12:30pm-1:30pm Beth C.-FS	STRENGTH TRAIN 12:00pm-1:00pm Jill W.-MPR	ACTIVE 12:00pm-1:00pm Denise K.-MPR			
WOMENS LIVING WELL 1:15pm-2:15pm Beth C.-FS	WOMENS LIVING WELL 1:30pm-2:30pm Beth C.-FS	ZUMBA GOLD 12:15pm-1:00pm Mara M.-FS	YOGA 1:30pm-2:45pm Jill W.-FS	WOMENS LIVING WELL 12:00pm-1:00pm Beth C.-FS				
STRENGTH TRAIN 4:00pm-5:00pm Denise K.-FS	ZUMBA 5:00pm-6:00pm Mara M.-MPR	IGNITE! 1:15pm-2:15pm Renee M.-FS	ZUMBA 5:00pm-6:00pm Mara M.-FS	ZUMBA 5:30pm-6:30pm Alla P.-FS	JOIN HCY ADULT GROUP FITNESS TEXT ALERTS TEXT @adultgroup to the number 81010 NEW MOSSA APRIL PROGRAM RELEASES PERFORMANCE REHABILITATION & REGENERATIVE MEDICINE COMPLIMENTARY GAIT SCAN ANALYSIS TUESDAY, APRIL 9 4:00-6:00pm DeerPath HEALTH & WELLNESS TALK FOOT & ANKLE: ADDRESSING PAIN & INJURY WHILE STAYING ACTIVE TUESDAY, APRIL 16 7:00pm DeerPath			
GROOVE 5:00pm-6:00pm Denise K.-FS	CORE 5:30pm-6:00pm Sara H.-FS	STRENGTH TRAIN 4:00pm-5:00pm Denise K.-FS	STRENGTH TRAIN 7:00pm-8:00pm Wendy C.-MPR					
CARDIO STEP 6:00pm-7:00pm Denise K.-MPR	BALANCE & FLEX 6:00pm-7:00pm Liz P.-MPR	ViPR 5:15pm-5:45pm Denise K.-MPR						
VIRTUAL CYCLING 6:00pm-7:00pm Erika L.-FS	STRENGTH TRAIN 6:00pm-7:00pm Sara H.-FS	ZUMBA 6:00pm-7:00pm Alla P.-MPR						
STRENGTH TRAIN 7:00pm-8:00pm Lisa B.-MPR		WOMENS LIVING WELL 6:45pm-7:45pm Beth C.-FS						
		ACTIVE 7:00pm-8:00pm Denise K.-MPR						
			HLS = Healthy Living Studio	FS = Fitness Studio			MPR = Multi Purpose Room	Updated: March 28, 2019