



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ROUND VALLEY ADULT GROUP FITNESS CLASSES
APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
VIPIR 8:30am-9:00am Jill W.-PR	STRENGTH TRAIN 5:50am-6:50am Teri S.-PR	BALANCE & FLEX 5:50am-6:50am Heena C.-FS	IGNITE! 9:30am-10:30am Renee M.-CR	STRENGTH TRAIN 5:50am-6:50am Teri S.-PR	DEFEND 7:30am-8:30am Liz P.-FS	INDOOR CYCLING 8:00am-9:00am Karlyn W.-CR
ROCK YOUR CORE 9:00am-9:30am Jill W.-PR	DEFEND 9:30am-10:30am Teri S.-FS	CORE FOCUS 9:00am-9:30am Sara H.-PR	CARDIO STEP 9:30am-10:30am Teri S.-FS	VIPIR 8:30am-9:00am Jill W.-PR	IGNITE! 8:15am-9:15am Renee M.-CR	CARDIO STEP 8:30am-9:30am Lauri/Christine-PR
VIRTUAL CYCLING 9:30am-10:30am Renee M.-CR	BROS & JOES 10:30am-11:30am Eric D.-PR	PILATES 9:15am-10:15am Georganne C.-FS	BROS & JOES 10:30am-11:30am Eric D.-PR	ROCK YOUR CORE 9:00am-9:30am Jill W.-PR	GROOVE 8:30am-9:30am Pam G.-PR	TABATA 9:15am-10:00am Karlyn W.-FS
BOOT CAMP 9:30am-10:30am Joe C.-PR	YOGA 10:30am-11:45am Heather F.-FS	BOOT CAMP 9:30am-10:30am Marianne B.-PR	YOGA 10:30am-11:45am Heather F.-FS	BODY SHOCK 9:30am-10:30am Julie K.-FS	STEP & SCULPT 8:30am-9:30am Carrie G.-FS	STRENGTH TRAIN 9:30am-10:30am Alt.Instructors-PR
CARDIO STEP 9:30am-10:30am Heena C.-FS	MEDITATION 11:45am-12:00pm Heather F.-FS	INDOOR CYCLING 9:30am-10:30am Sara H.-CR	MEDITATION 11:45am-12:00pm Heather F.-FS	VIRTUAL CYCLING 9:30am-10:30am Renee M.-CR	STRENGTH TRAIN 9:30am-10:30am Carrie G.-PR	
STRENGTH TRAIN 10:30am-11:30am Wendy C.-FS		STRENGTH TRAIN 10:30am-11:30am Sara H.-FS		BALANCE & FLEX 10:30am-11:30am Jil W.-FS		
TABATA 5:30pm-6:15pm Jill W.-PR	YOGA 5:30pm-6:30pm Jill W.-FS	ACTIVE 5:30pm-6:30pm Jill W.-PR	STRENGTH TRAIN 4:15pm-5:15pm Denise K.-FS	YOGA 5:30pm-6:45pm Susan B.-FS		
BALANCE & FLEX 5:30pm-6:30pm Heena C.-FS	GROOVE 6:30pm-7:30pm Jill W.-PR	CARDIO STEP 5:30pm-6:30pm Heena C.-FS	GROOVE 5:30pm-6:30pm Jill W.-PR			
STRENGTH TRAIN 6:30pm-7:30pm Jill W.-PR		ZUMBA 6:30pm-7:30pm Monique S.-FS	BOOTCAMP 5:30pm-6:15pm Liz P.-FS		<p>JOIN HCY ADULT GROUP FITNESS TEXT ALERTS TEXT @adultgroup to the number 81010</p> <p>NEW MOSSA APRIL PROGRAM RELEASES</p> <p>PERFORMANCE REHABILITATION & REGENERATIVE MEDICINE COMPLIMENTARY GAIT SCAN ANALYSIS TUESDAY, APRIL 9 4:00-6:00pm DeerPath</p> <p>HEALTH & WELLNESS TALK FOOT & ANKLE: ADDRESSING PAIN & INJURY WHILE STAYING ACTIVE TUESDAY, APRIL 16 7:00pm DeerPath</p>	
STEP & SCULPT 6:30pm-7:30pm Karlyn W.-FS		STRENGTH TRAIN 6:30pm-7:30pm Jill W.-PR	ROCK YOUR CORE 6:30pm-7:00pm Jill W.-PR			
VIRTUAL CYCLING 6:30pm-7:30pm Tracey B.-CR		BALANCE & FLEX 7:30pm-8:30pm Jill W.-PR	INDOOR CYCLING 6:30pm-7:30pm Karlyn W.-CR			
			BALANCE & FLEX 6:30pm-7:30pm Liz P.-FS			
			VIPIR 7:00pm-7:30pm Jill-PR			
				CR = Cycle Room FS = Fitness Studio	PR = Program Room	Updated: March 28, 2019