



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**HUNTERDON COUNTY YMCA
DEER PATH ADULT FITNESS CLASSES
SEPTEMBER 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! 5:45am-6:45am Pete K.-FS | LOW IMPACT 8:00am-9:00am Liz P.-MPR | 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 | STRENGTH TRAIN 7:30am-8:30am Ann G.-MPR | LOW IMPACT 8:00am-9:00am Ellen D.-MPR | BALANCE & FLEX 8:00am-9:00am Liz P.-MPR | STRENGTH TRAIN 9:15am-10:15am Carmen F.-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 | GROOVE 8:30am-9:30am Liz P.-MPR | CARDIO STEP 9:15am-10:15am Teri S.-MPR | DEFEND 9:00am-10:00am Liz P.-FS | CHAIR YOGA 10:30am-11:45am Gail S.-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 | STRENGTH TRAIN 9:15am-10:15am Carmen F.-FS | BOOT CAMP 9:15am-10:30am Beth C.-FS | GROOVE 9:15am-10:15am Jill W.-MPR | VIRTUAL CYCLING 10:30am-11:30am Carmen F.-FS | YOGA 9:15am-10:30am Adam D.-MPR | |
| PILATES 10:30am-11:30am Jill W.-MPR | TABATA 9:30am-10:15am Liz P.-MPR | CHAIR YOGA 10:30am-11:45am Gail S.-MPR | PILATES FUSION 10:30am-11:30am Jill W.-MPR | | KICKBOXING 10:30am-11:30am Liz P.-MPR | |
| BALANCE & FLEX 11:00am-12:00pm Sara H.-FS | IGNITE! 10:30am-11:30am Carmen F.-FS | WOMENS LIVING WELL 11:00am-11:45am Beth C.-FS | SENIOR SHAPE-UP 11:30am-12:15pm Beth C.-MPR | | VIPR 11:30am-12:00pm Denise K.-MPR | |
| SENIOR SHAPE-UP 11:30am-12:15pm Carmen F.-MPR | SENIOR SHAPE-UP 11:30am-12:15pm Carmen F.-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 | | JOIN HCY ADULT GROUP FITNESS TEXT ALERTS TEXT @adultgroup to the number 81010 COMPLIMENTARY TRAINING SESSION (VALUE \$70) AVAILABLE TO ALL NEW AND CURRENT MEMBERS ULTIMATE FIELD DAY DEER PATH SATURDAY, SEPTEMBER 21 MONSTER MASH FAMILY FUN RUN CAMP CARR SUNDAY, OCTOBER 20 | |
| ACTIVE 5:00pm-6:00pm Denise K.-FS | CORE 5:30pm-6:00pm Sara H.-FS | STRENGTH TRAIN 4:00pm-5:00pm Denise K.-FS | YOGA 6:00pm-7:00pm Cheryl F.-FS | | | |
| 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 | STRENGTH TRAIN 7:00pm-8:00pm Wendy C.-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 | | | | |
| | | ***VIPR*** BEGINS SEPT 11 | HLS = Healthy Living Studio | FS = Fitness Studio | | |