



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ADULT GROUP FITNESS CLASSES
January 2 thru 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BALANCE & FLEX 8:00am-9:00am Liz P.-DP MPR	STRENGTH TRAIN 6:30am-7:30am Ann G.-DP MPR	LOW IMPACT 8:00am-9:00am Liz P. -DP MPR	STRENGTH TRAIN 6:30am-7:30am Ann G.-DP MPR	BALANCE & FLEX 8:00am-9:00am Jill W. -DP MPR	YOGA 8:00am-9:00am Heena C.-DP MPR	YOGA 9:00am-10:00am Ann G.-DP MPR
STRENGTH TRAIN 9:30am-10:30am Jill W.-DP MPR	PILATES 8:00am-9:00am Jill W.-DP MPR	STRENGTH TRAIN 9:30am-10:30am Marianne B.-DP MPR	YOGA 8:00am-9:00am Jill W.-DP MPR	STRENGTH TRAIN 9:30am-10:30am Lisa B.-DP MPR	CYCLING 8:00am-9:00am Pete K.-RV PR	TOTAL BODY 9:30am-10:30am Karlyn W.-RV PR
SENIOR STRETCH 11:00am-11:45am Jill W.-DP MPR	BOOTCAMP 9:30am-10:30am Joe C.-DP MPR	CHAIR YOGA 11:00am-11:45am Heena C.-DP MPR	ACTIVE 9:30am-10:30am Teri S.-DP MPR	SENIOR FITNESS 11:00am-11:45am Carmen F.-DP MPR	ACTIVE 9:30am-10:30am Denise K.-DP MPR	
	SENIOR STRENGTH 11:00am-11:45am Teri S.-DP MPR		ZUMBA GOLD 11:00am-11:45am Mara M.-DP MPR		BALANCE & FLEX 9:30am-10:30am Jill W.-RV PR	
	CHAIR YOGA 11:00am-11:45am Heena C.-DP HLS					
ACTIVE 4:00pm-5:00pm Denise K.-DP MPR	BALANCE & FLEX 6:30pm-7:30pm Liz P.-RV PR	ACTIVE 4:00pm-5:00pm Denise K.-DP MPR	YOGA 6:30pm-7:30pm Jill W.-RV PR			
STRENGTH TRAIN 5:30pm-6:30pm Denise K.-DP MPR		STRENGTH TRAIN 5:30pm-6:30pm Denise K.-DP MPR				
		BARRE 7:00pm-8:00pm Karlyn W.-DP MPR				
			DP MPR= DeerPath MultiPurpose Room	DP HLS=DeerPath Healthy Living Studio	RV PR= Round Valley Program Room	Updated: December22, 2020

Bring your own fitness mat to all group fitness classes.

Registration is required for all adult group fitness classes.

Please note registration closes 3 hours prior to class start time.

To reserve and/or more info please visit www.hcymca.org/group-fitness

Any questions, please contact Teri Saccal, Director of Healthy Living at tsaccal@hcymca.com