



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ADULT GROUP FITNESS CLASSES
March Into Fitness 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR BALANCE & FLEX 8:00am-9:00am Liz P.-DP MPR	INDOOR STRENGTH TRAIN 6:30am-7:30am Ann G.-DP MPR	INDOOR LOW IMPACT 8:00am-9:00am Liz P. -DP MPR	INDOOR STRENGTH TRAIN 6:30am-7:30am Ann G.-DP MPR	INDOOR BALANCE & FLEX 8:00am-9:00am Jill W.-DP MPR	INDOOR YOGA 8:00am-9:00am Heena C.-DP MPR	INDOOR YOGA 9:00am-10:00am Ann G.-DP MPR
INDOOR STRENGTH TRAIN 9:30am-10:30am Jill W.-DP MPR	INDOOR PILATES 8:00am-9:00am Jill W.-DP MPR	INDOOR STRENGTH TRAIN 9:30am-10:30am Marianne B.-DP MPR	INDOOR YOGA 8:00am-9:00am Jill W.-DP MPR	INDOOR STRENGTH TRAIN 9:30am-10:30am Lisa B.-DP MPR	INDOOR CYCLING 8:00am-9:00am Pete K.-RV PR	INDOOR TOTAL BODY 9:30am-10:30am Karlyn W.-RV PR
LIVESTREAM CARDIO STEP 8:30am-9:30am Teri S.-Virtual	INDOOR BOOTCAMP 9:30am-10:30am Joe C.-DP MPR	INDOOR CHAIR YOGA 11:00am-11:45am Heena C.-DP MPR	INDOOR ACTIVE 9:30am-10:30am Teri S.-DP MPR	INDOOR SENIOR FITNESS 11:00am-11:45am Carmen F.-DP MPR	INDOOR ACTIVE 9:30am-10:30am Denise K.-DP MPR	
INDOOR/LIVESTREAM SENIOR STRETCH 11:00am-11:45am Jill W.-DP MPR/Virtual	INDOOR SENIOR STRENGTH 11:00am-11:45am		INDOOR ZUMBA GOLD 11:00am-11:45am		INDOOR BALANCE & FLEX 9:30am-10:30am	
	INDOOR CHAIR YOGA 11:00am-11:45am Heena C.-DP HLS	LIVESTREAM ST. PATRICK'S DAY FITNESS CHALLENGE Wednesday March 17 9:00am-10:00am Virtual				SPRING INTO FITNESS SATURDAY March 20 OUTDOOR FITNESS CLASS EVENT AT DEER PATH (Details Coming Soon) In the event of weather, Mar 20 Outdoor Fitness Class Event Rescheduled to Mar 27
INDOOR ACTIVE 4:00pm-5:00pm Denise K.-DP MPR	LIVESTREAM ZUMBA 5:00pm-6:00pm Mara M. - Virtual	INDOOR ACTIVE 4:00pm-5:00pm Denise K.-DP MPR	LIVESTREAM DEFEND 5:00pm-6:00pm Andrea T. - Virtual			
INDOOR STRENGTH TRAIN 5:30pm-6:30pm Denise K.-DP MPR	INDOOR BALANCE & FLEX 6:30pm-7:30pm Liz P. -RV PR	INDOOR STRENGTH TRAIN 5:30pm-6:30pm Denise K.-DP MPR	INDOOR YOGA 6:30pm-7:30pm Jill W.-RV PR			
		INDOOR BARRE 7:00pm-8:00pm				
		SPECIAL MARCH INTO FITNESS EVENTS	DP MPR= DeerPath MultiPurpose Room	DP HLS=DeerPath Healthy Living Studio	RV PR= Round Valley Program Room	Livestream= Live Class on Virtual Y

Updated: February 19, 2021

MARCH INTO FITNESS CHALLENGE AT DEER PATH FITNESS CENTER Month Long Challenge Earning Your Name on Shamrock Each Time You Complete Challenge

Bring your own fitness mat to group fitness classes.
Registration is required for all adult group fitness classes; please cancel if you are not able to make your reservation.
Registration closes 3 hours prior to class start time.

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

To Access Virtual Y

1. Visit www.hcymca.org/virtual
2. Click Virtual Y button
3. In the Sign-In Area enter your Y membership barcode # found on your scan tag. If you need help with this # contact the Welcome Center at 908-782-1030

Any questions, please contact Teri Sacca, Director of Healthy Living at tsacca@hcymca.com