



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
DEER PATH ADULT GROUP FITNESS CLASSES
JANUARY 3 THRU 31, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLING 6:05am-7:05am Karlyn W.-FS Pass Required Class Limit 16	STRENGTH TRAIN 6:30am-7:30am Ann G.-MPR	LOW IMPACT 8:00am-9:00am Jill W.-MPR	STRENGTH TRAIN 6:30am-7:30am Ann G.-MPR	BALANCE & FLEX 8:00am-9:00am Jill W.-MPR	YOGA 8:00am-9:15am Heena C.-MPR	DEFEND 8:00am-9:00am Liz P.-MPR
BALANCE & FLEX 8:00am-9:00am Liz P.-MPR	BOOTCAMP 8:00am-9:00am Jill W.-MPR	STRENGTH TRAIN 9:15am-10:15am Jill W.-MPR	H.I.I.T. 8:00am-8:45am Carmen F.-FS	STRENGTH TRAIN 9:15am-10:15am Lisa B.-MPR	CYCLING 8:00am-9:00am Pete K.-FS Pass Required Class Limit 16	YOGA 9:00am-10:00am Ann G.-DP MPR
STRENGTH TRAIN 9:15am-10:15am Lisa B.-MPR	PILATES 9:15am-10:15am Jill W.-MPR	CHAIR YOGA 11:00am-11:45am Heena C.-MPR	YOGA 8:00am-9:00am Jill W.-MPR	GROOVE 9:15am-10:15am Liz P.-FS	ACTIVE 9:30am-10:30am Denise K.-MPR	
SENIOR STRETCH 11:00am-11:45am Jill W.-DP MPR	TRX® YOGA FUSION 10:15am-11:00am Jill W.-MPR PASS REQUIRED		DEFEND 9:15am-10:15am Liz P.-MPR	SENIOR FITNESS 11:00am-11:45am Carmen F.-MPR		
	SENIOR FITNESS 11:00am-11:45am Jill W.-MPR		MOVE IT 10:15am-11:00am Liz P.-MPR			
			SENIOR STRENGTH 11:00am-11:45am Liz P.-MPR			TRX® CLASSES FREE FOR FULL-FACILITY MEMBERS
						\$\$Paid Program\$\$
ACTIVE 4:00pm-5:00pm Denise K.-MPR	TOTAL BODY 5:30pm-6:30pm Karlyn W.-FS	ACTIVE 4:00pm-5:00pm Denise K.-MPR	POWER PUNCH 6:45pm-7:45pm Liz P.-MPR			
STRENGTH TRAIN 5:15pm-6:15pm Denise K.-MPR		STRENGTH TRAIN 5:15pm-6:15pm Denise K.-MPR				
					FS= Fitness Studio	MPR= MultiPurpose Room

TRX® NOW *FREE* TO FULL-FACILITY MEMBERS

PASS REQUIRED. PASSES ARE AVAILABLE ONE HOUR PRIOR TO STARTING TIME OF CLASS AT WELCOME CENTER

Bring your own fitness mat to group fitness classes.

Y WELLNESS 24/7 VIRTUAL ON-DEMAND GROUP EXERCISE. FREE for members:

- 1.Visit www.hcymca.org/y-wellness-24-7/
- 2.Click First Time Users- Create Log-In
- 3.Fill in your information and select Hunterdon County YMCA from the drop-down menu.

Any questions, please contact Carmen Farrand, Interim Director of Healthy Living at cfarrand@hcymca.com