





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA  
DEER PATH ADULT GROUP FITNESS CLASSES  
FEBRUARY 1 THRU 28, 2022

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

 **\*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/](http://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](mailto:cfarrand@hcymca.com)