



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ROUND VALLEY ADULT GROUP FITNESS CLASSES
JANUARY 3 THRU 31, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROCK YOUR CORE 8:00am-8:30am Jill W.-PR	DEFEND 8:00am-9:00am Liz P.-PR	STRENGTH TRAIN 8:00am-9:00am Lisa B.-PR	STRENGTH TRAIN 9:15am-10:15am Marianne B.-PR	CARDIO STEP 8:00am-9:00am Heena C.-PR	GROOVE 8:15am-9:15am Jill W.-PR	TOTAL BODY 9:30am-10:30am Karlyn W.-PR
3-D FUNCTIONAL TRAINING 8:30am-9:00am Jill W.-PR		TAI CHI \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-PR	TABATA 10:15am-11:00am Marianne B.-PR	YOGA 9:15am-10:15am Heena C.-PR	STRENGTH TRAIN 9:30am-10:30am Jill W.-PR	
TAI CHI \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-PR		TRX® GOLD 11:00am-12:00pm Jill W.-PR PASS REQUIRED				
FAMILY FITNESS \$\$PROGRAM\$\$ 4:00pm-4:45pm Liz P.-PR	STRENGTH TRAIN 4:00pm-5:00pm Denise K.-PR	CARDIO STEP 5:00pm-6:00pm Heena C.-PR	CORE FOCUS 5:30pm-6:00pm Andrea T.-FS			\$\$Paid Program\$\$
MUSCLE UP! 5:00pm-6:00pm Liz P.-PR	BALANCE & FLEX 6:30pm-7:30pm Heena C.-PR	STRENGTH TRAIN 6:00pm-7:00pm Andrea T.-FS	DEFEND 6:00pm-7:00pm Andrea T.-FS			CLASS TIME CHANGE
GROOVE 6:00pm-7:00pm Liz P.-PR		BARRE 7:00pm-8:00pm Karlyn W.-PR	YOGA 6:00pm-7:00pm Jill W.-PR			TRX@ CLASSES FREE FOR FULL-FACILITY MEMBERS
POWER PUNCH 7:00pm-8:00pm Liz P.-PR			TRX® HEART & SOUL 7:00pm-8:00pm Jill W.-PR PASS REQUIRED		FS= Fitness Studio	PR= Program Room

Updated: November 21, 2021

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