



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA  
ROUND VALLEY ADULT GROUP FITNESS CLASSES  
MAY 1 THRU 31, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ROCK YOUR CORE</b> 8:00am-8:30am Jill W.-PR	<b>DEFEND</b> 8:00am-9:00am Ellen D.-PR	<b>STRENGTH TRAIN</b> 8:00am-9:00am Lisa B. -PR	<b>STRENGTH TRAIN</b> 9:15am-10:15am Marianne B. -PR	<b>CARDIO STEP</b> 8:00am-9:00am Heena C.-PR	<b>GROOVE</b> 8:30am-9:30am Jill W.-PR	<b>TOTAL BODY</b> 9:30am-10:30am Karlyn W.- PR
<b>TABATA</b> 8:30am-9:00am Jill W.-PR		<b>TAI CHI</b> \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-PR	 <b>BOOTCAMP</b> 10:15am-11:00am Marianne B. -PR <b>PASS REQUIRED</b>	<b>YOGA</b> 9:15am-10:15am Heena C. -PR	<b>STRENGTH TRAIN</b> 9:30am-10:30am Jill W. -PR	
<b>TAI CHI</b> \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-PR		 <b>GOLD</b> 11:00am-12:00pm Jill W. -PR <b>PASS REQUIRED</b>				
					<b>FS=</b> Fitness Studio	<b>PR=</b> Program Room
<b>MUSCLE UP!</b> 5:00pm-6:00pm Liz P.-PR	<b>STRENGTH TRAIN</b> 4:00pm-5:00pm Denise K.-PR	<b>CARDIO STEP</b> 5:00pm-6:00pm Heena C.-PR	<b>CORE FOCUS</b> 5:30pm-6:00pm Andrea T.-PR			 <b>CLASSES FREE FOR FULL-FACILITY MEMBERS</b>
<b>GROOVE</b> 6:00pm-7:00pm Liz P.-PR	<b>BALANCE &amp; FLEX</b> 6:30pm-7:30pm Heena C.-PR	<b>STRENGTH TRAIN</b> 6:00pm-7:00pm Andrea T.-PR	<b>DEFEND</b> 6:00pm-7:00pm Andrea T. -PR			<b>\$\$Paid Program\$\$</b>
<b>COREWORK</b> 7:15pm-7:45pm Liz P.-PR		<b>CYCLING</b> 6:30pm-7:30pm Karlyn W.-FS <b>PASS REQUIRED</b>	<b>YOGA</b> 6:00pm-7:00pm Jill W.-FS			
			 <b>HEART &amp; SOUL</b> 7:00pm-8:00pm Jill W.-PR <b>PASS REQUIRED</b>			

Updated: November 21, 2021



**\*FREE\* TO FULL-FACILITY MEMBERS**

**PASS REQUIRED AND AVAILABLE AT WELCOME CENTER ONE HOUR PRIOR TO START TIME OF CLASS**

**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.

Questions? Contact Carmen Farrand, Director of Health & Wellness at [cfarrand@hcymca.com](mailto:cfarrand@hcymca.com)