



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HUNTERDON COUNTY YMCA
ROUND VALLEY ADULT GROUP FITNESS CLASSES
JUNE 21 thru JULY 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
INDOOR ROCK YOUR CORE 8:00am-8:30am Jill W.-RV PR		***INDOOR*** ROCK YOUR CORE 8:00am-8:30am Jill W.-RV PR			**OUTDOOR** GROOVE 7:30am-8:30am Jill W.-RV	***INDOOR*** TOTAL BODY 9:30am-10:30am Karlyn W.- RV PR
INDOOR 3-D FUNCTIONAL TRAINING 8:45am-9:15am Jill W.-RV PR		***INDOOR*** 3-D FUNCTIONAL TRAINING 8:45am-9:15am Jill W.-RV PR			INDOOR CYCLING 8:00am-9:00am Pete K. -RV PR Reserved Pass Required Class Limit 12	
INDOOR TAI CHI \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-RV PR		INDOOR TAI CHI \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-RV PR			***INDOOR*** BALANCE & FLEX 9:30am-10:30am Jill W. -RV PR	
					INDOOR BALANCE & FLEX CANCELLED 6/26	
INDOOR ROCK YOUR CORE 3-D FUNCTIONAL TRAINING No Class 6/28 & 7/5		***INDOOR*** ROCK YOUR CORE 3-D FUNCTIONAL TRAINING No Class 6/30			***INDOOR*** PILATES 9:30am-10:30am 7/3	***INDOOR*** TOTAL BODY No Class 6/27
INDOOR GROOVE 6:30pm-7:30pm Liz P.-RV PR	INDOOR BALANCE & FLEX 6:30pm-7:30pm Heena C.-RV PR	INDOOR CARDIO STEP 5:00pm-6:00pm Heena C.-RV PR	INDOOR YOGA 6:30pm-7:30pm Jill W.-RV PR			
		INDOOR DEFEND 6:15pm-7:15pm Andrea T.-RV PR				
	Class Changes	\$\$Paid Program\$\$	**Time Change**	New Class Added to Schedule	RV PR= Round Valley Program Room	Outdoor Fitness Classes at Round Valley

Updated: July 16, 2021

 **SPECIAL FOURTH OF JULY HOLIDAY FITNESS CLASS SCHEDULE - Details to be Posted**



Bring your own fitness mat to group fitness classes.

**Unable to Attend In-Person Fitness Classes, Y Virtual has On-Demand Fitness Classes.
To Access Virtual Y For On-Demand Fitness Classes**

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

Any questions, please contact Teri Saccal, Director of Healthy Living at tsacal@hcymca.com