



WINTER SCHEDULE 2017

JANUARY 2ND - APRIL 1ST



All classes must have 4 or more to run class and 4 or more consistently to remain on the schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SuperStrength&Core(B) NEW 5:30-6:15am Gale	Tabata (B) 5:45-6:30am Sandy		HIIT/Toning (B) 5:30-6:15am Gale		<i>YMCA Opens at 7am</i>	<i>YMCA Opens at 8am</i>
<i>Strength/Core starts 1/9</i>	Rising Sun Yoga(A)	Pilates(A)	Rising Sun Yoga(A)	Body Sculpt(B)		
Pilates Infusion(A) 6:15-7:00am Jane	6:00-7:00am Deb	6:15-7:00am Jane	6:00-7:00am Deb	6:15-7:00am Jane	Power Yoga(B) 7:30 -8:45am Ali	
Core, Barre & more(A) NEW 8:00-9:00am Carlyn	Senior Stretch&Strength (B) <i>All levels welcome</i> 8:00-9:00am Janet	Pop Pilates(A) 8:00-9:00am Carlyn	Ballet Barre Toning (A) 8:15-9:15am Carlyn	Yoga(A) 8:00-9:00am Lisa	Pilates(A) 8:15-9:10am Lisa	Pop Pilates(A) 8:15-9:15am Carlyn
Core Flow Yoga(B) 8:00-9:00am Lisa	Ballet Barre Yo-Lates(A) 8:10-9:10am Ali	Lo Impact (B) 8:15-9:15am Janet	Pure Strength (B) 8:30am-9:20am Mel	Lo Impact (B) 8:15-9:15am Janet	Sweat & Sculpt(B) 9:00-10:00am Judy/Donna	Cardio Sculpt (B) 9:15-10:15am Linda
Sweat & Sculpt(A) 9:15-10:15am Judy	Power Ball, Core & Strength Conditioning (B) 9:15-10:15am Kelly	Power Yoga (A) 9:30-10:30am Ali	Zumba Toning(A) 9:30-10:15am Tammy	Pilates(A) 9:15-10:15am Lisa	Zumba(A) 9:15-10:10am Tom	Pilates(A) 9:25-10:25am Lisa /Carol B.
CardioKick&Toning(B) 9:20-10:20am Rhonda	Zumba (A) 9:20-10:20am Monica	Step and Sculpt(B) 9:30-10:25am Rhonda	Piloga (B) NEW Yoga Pilates fusion w/weights 9:30-10:25am Samantha	Zumba (B) 9:20-10:20am Monica	Xtreme BootCamp(B) 10:15-11:15am Meghan/Donna/Matt	Arthritis Exercise(Library) 10:30-11:30am Lisa/ Ali
Arthritis Exercise(Library) 9:30-10:15am Carol	Arthritis Exercise(Library)NEW 9:30-10:15am Carol	Arthritis Exercise(Library) 9:30-10:15am Janet	Sweat & Strength(A) 10:30-11:25am Susy	Arthritis Exercise(Library) 9:30-10:15am Janet	Barre Fusion (A) <i>Barre, Yoga and Pilates</i> 10:15-11:15am Ali	Power Yoga (B) 10:30-11:30am Lisa/ Ali
Vinyasa Yoga(A) NEW 10:30-11:30am Ali	Sweat & Strength(B) 10:30-11:30am Susy	Pilates/Barre(A) 10:35-11:35am Ali	Core & Strength Conditioning(B) 10:30-11:30am Ron	Cardio Weight Training(B) 10:30-11:30am Judy	Core Pilates Plus(A) 10:30-11:30am Gaylene	Zumba(A) 10:30-11:30am Kristen
Strength & Core (B) 10:30-11:30am Linda	HIIT/Toning (A) <i>High Intesity Interval Training</i> 10:30-11:25am Samantha	Cardio Body Works(B) 10:30-11:30pm Judy	Chair Yoga(Library) 10:30-11:15 Mary			Zumba Ages 13+
Easy Flow Yoga(B) 12:15-1:00pm Mary	Tai Chi (A) 11:30am-12:30pm Kate	Easy Flow Yoga(B) 12:15-1:00pm Mary	Silver Yoga (B) 11:30am-12:15pm Mary	Easy Flow Yoga(B) 12:15-1:00pm Mary	Tai Chi (A) 11:30am-12:30pm Kate	Yoga & Meditation (B) 12:00-1:00pm Ali
	Meditation(B) 12:15-1:00pm Ali		Nia Fusion(B) 12:30-1:30pm Deb			Yoga Ages 13+



EVENING WINTER SCHEDULE 2017

JANUARY 2ND - APRIL 1ST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Pilates (A)	NJ BALLET(A) 4:15-9pm	Strength /Toning (B)	NJ BALLET(A) 4:15-8pm
Nia Fusion(A) 4:30-5:25pm Ferebe Nia Fusion Ages 13 +	4:30-5:25pm Carol B. Pilates Ages 13+	Cross Training (B) 4:30-5:25pm Meghan cross training Ages 13+	4:30-5:25pm Linda Strength/ Toning class Ages 13+	
				Pilates(B) 5:15-6:15pm Carol B Pilates Ages 13+
Cardio Sculpt(B) 5:30-6:25pm Joanne cardio Ages 13+	Cardio Body Works(A) 5:30-6:25pm Judy cardio Ages 13+	Pilates(B) 5:30-6:25pm Lisa	Ballet Barre Yo-Lates (A) 5:30-6:30pm Lisa Barre Yo-lates Ages 13 +	
Pilates(A) 5:30-6:25pm Carol B	Cardio Boot Camp(B) 5:30-6:25pm Meghan	Xtreme Boot Camp 5:45-6:45pm Donna Gym/Outside(weather permitting)	HIIT Fusion(B) 5:30-6:25pm Meghan	
Zumba(B) 6:30-7:30pm Kristen	Barre, Pilates and Core(A) 6:30-7:25pm Ali		Zumba (B) 6:30-7:25pm Tom	Yoga Flow with Props(B) 6:30-7:20pm Mary
Insanity/Strength(A)NEW 6:30-7:30pm Lauren Insanity Ages 13 +	CardioKickbox Fusion(B) 6:30-7:25pm Donna *please bring own boxing wraps	Insanity/Strength(B) 6:30-7:25pm Lauren Insanity Ages 13 +	Stress Management Yoga(A) & Meditation 6:45-8:15pm Barbara	
Xtreme Boot Camp(B) 7:30-8:30pm Donna	Zumba(A) 7:30-8:30pm Jackie	Vinyasa Yoga(B) 7:30-8:30pm Marissa	Strength & Core (B) NEW 7:30-8:15pm Sandy Strength/Core starts 1/12	Zumba(B) NEW 7:30-8:30pm Tom
Stress Management Yoga(A) 7:30-8:45pm Barbara	Yoga Flow with Props(B) 7:35-8:35pm Mary			

All classes must have 4 or more to run class and 4 or more consistently to remain on the schedule

Must be 16 or older to participate in fitness classes (unless class is specified as 13+ under instructor name)

