



SPRING SCHEDULE 2017

APRIL 2ND -JULY 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) 5:30-6:15am Gale	Tabata (B) 5:45-6:30am Sandy		HIIT/Toning (B) 5:30-6:15am Gale		YMCA Opens at 7am	YMCA Opens at 8am
Pilates Infusion(A) 6:15-7:00am Jane	Rising Sun Yoga(A) 6:00-7:00am Deb	Pilates(A) 6:15-7:00am Jane	Rising Sun Yoga(A) 6:00-7:00am Deb	Body Sculpt(B) 6:15-7:00am Jane	Power Yoga(B) 7:30 -8:45am Ali	
Core, Barre & more(A) 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/Abs(A) 9:30-10:25am 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 Kristen	Step and Sculpt(B) 9:30-10:25am Rhonda	Piloga (B) Yoga/Pilates w/weights 9:30-10:25am Samantha	Zumba (B) 9:20-10:20am Monica	Arthritis Exercise(Library) 9:30-10:15am Janet	Xtreme BootCamp(B) 10:15-11:15am Meghan/Donna/Matt
Arthritis Exercise(Library) 9:30-10:15am Carol	Arthritis Exercise(Library) 9:30-10:15am Carol	Arthritis Exercise(Library) 9:30-10:15am Janet	Burn,Barre&Buff(A)NEW <i>cardio/barre/tone</i> 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/ Meditation(A) 10:30-11:45am Ali	Sweat & Strength(B) 10:30-11:30am Susy	Pilates/Barre(A) 10:35-11:35am Ali	Core/Strength(B) 10:30-11:30am Ron	Cardio Weight Training(B) 10:30-11:30am Judy	Barre Fusion (A) <i>Barre, Yoga and Pilates</i> 10:15-11:15am Ali	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	Core Pilates Plus(A) 10:30-11:30am Gaylene		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
	Yoga & Meditation(B) 12:15-1:00pm Ali		Nia Fusion(B) 12:25-1:25pm Deb			Yoga Ages 13+



EVENING SPRING SCHEDULE 2017

APRIL 2ND -JULY 1ST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nia Fusion(A) 4:30-5:25pm Deb <i>Nia Fusion Ages 13 +</i>	Pilates (A) 4:30-5:25pm Carol B. <i>Pilates Ages 13+</i>	NJ BALLET(A) 4:15-9pm Cross Training (B) 4:30-5:25pm Meghan <i>cross training Ages 13+</i>	Strength /Toning (B) 4:30-5:25pm Linda <i>Strength/ Toning class Ages 13+</i>	NJ BALLET(A) 4:15-8pm
Abs & Assets Express(B)NEW 5:00-5:30pm Joanne	Cardio Body Works(A) 5:30-6:25pm Judy <i>cardio Ages 13+</i>	Pilates(B) 5:30-6:25pm Lisa	Ballet Barre Yo-Lates (A) 5:30-6:30pm Lisa <i>Barre Yo-lates Ages 13 +</i>	Pilates(B) 5:15-6:15pm Carol B. <i>Pilates Ages 13+</i>
Cardio Sculpt(B) 5:30-6:25pm Joanne <i>cardio Ages 13+</i>	Cardio Boot Camp(B) 5:30-6:25pm Meghan	Xtreme Boot Camp 5:30-6:25pm <i>Gym/Outside(weather permitting)</i>	HIIT Fusion(B) 5:30-6:25pm Meghan <i>High Intesity Interval Training/Toning</i>	Yoga Flow with Props(B) 6:30-7:20pm Mary
Pilates(A) 5:30-6:25pm Carol B	Barre, Pilates and Core(A) 6:30-7:25pm Ali	Insanity/Strength(B) 6:30-7:25pm Lauren <i>Insanity Ages 13 +</i>	Zumba (B) 6:30-7:25pm Tom	
Zumba(B) 6:30-7:30pm Kristen	CardioKickbox Fusion(B) 6:30-7:25pm Donna <i>*please bring own boxing wraps</i>		Stress Management Yoga(A) & Meditation 6:45-8:15pm Barbara	Zumba(B) 7:30-8:30pm Tom
Insanity/Strength(A) 6:30-7:30pm Lauren <i>Insanity Ages 13 +</i>	Zumba(A) 7:30-8:30pm Victoria	Vinyasa Yoga(B) 7:30-8:30pm Marissa	Strength & Core (B) NEW 7:30-8:15pm Joanne	Zumba(B) 7:30-8:30pm Tom <i>Zumba Ages 13 +</i>
Xtreme Boot Camp(B) 7:30-8:30pm Donna	Yoga Flow with Props(B) 7:35-8:35pm Mary			
Stress Management Yoga(A) 7:30-8:45pm Barbara				

All classes must have 4 or more to run class and 4 or more consitantly to remain on the schedule
Must be 16 or older to participate in fitness classeses (unless class is specified as 13+ under instructor name)