




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CYCLING</b> 6:00am-7:00am Karlyn W.-FS <b>Pass Required</b> <b>Class Limit 16</b>	<b>STRENGTH TRAIN</b> 6:30am-7:30am Ann G.-MPR	<b>CYCLING</b> 6:00am-7:00am Karlyn W.-FS <b>Pass Required</b> <b>Class Limit 16</b>	<b>STRENGTH TRAIN</b> 6:30am-7:30am Ann G.-MPR	<b>BALANCE &amp; FLEX</b> 9:00am-10:00am Jill W.-FS	<b>YOGA</b> 8:00am-9:15am Heena C.-MPR	<b>DEFEND</b> 8:00m-9:00am Liz P.-MPR
<b>BALANCE &amp; FLEX</b> 8:00am-9:00am Heena C.-MPR	<b>BOOTCAMP</b> 8:00am-9:00am Jill W.-MPR	<b>LOW IMPACT</b> 8:00am-9:00am Jill W.-MPR	<b>H.I.I.T</b> 8:00am-8:45am Carmen F.-MPR	<b>STRENGTH TRAIN</b> 9:00am-10:00am Lisa B.-MPR	<b>CYCLING</b> 8:00am-9:00am Pete K.-FS <b>Pass Required</b> <b>Class Limit 16</b>	<b>YOGA</b> 9:00am-10:00am Ann G.-MPR
<b>STRENGTH TRAIN</b> 9:00am-10:00am Lisa B.-MPR	<b>PILATES</b> 9:00am-10:00am Jill W.-MPR	<b>STRENGTH TRAIN</b> 9:00am-10:00am Jill W.-MPR	<b>YOGA</b> 9:00am-10:00am Jill W.-FS	<b>SENIOR FITNESS</b> 11:00am-11:45am Carmen F.-MPR	<b>ACTIVE</b> 9:30am-10:30am Denise K.-MPR	
<b>SENIOR STRETCH</b> 11:00am-11:45am Jill W.-MPR	 <b>YOGA FUSION</b> 10:00am-11:00am Jill W.-MPR <b>PASS REQUIRED</b>	 <b>TRX GOLD</b> 10:15am-11:00am Jill W.-MPR <b>PASS REQUIRED</b>	<b>DEFEND</b> 9:00m-10:00am Heena C.-MPR			
	<b>CYCLING</b> 10:30am-11:30am Marianne B.-FS <b>Pass Required</b> <b>Class Limit 16</b>	<b>CHAIR YOGA</b> 11:00am-11:45am Heena C.-MPR	 <b>HEART &amp; SOUL</b> 10:00am-11:00am Jill W.-MPR <b>PASS REQUIRED</b>			
	<b>SENIOR FITNESS</b> 11:00am-11:45am Jill W.-MPR		<b>SENIOR STRENGTH</b> 11:00am-11:45am Jill W.-MPR			
<b>ACTIVE</b> 4:15pm-5:15pm Denise K.-MPR	<b>TOTAL BODY</b> 5:30pm-6:30pm Karlyn W.-FS	<b>ACTIVE</b> 4:15pm-5:15pm Denise K.-MPR	<b>DEFEND</b> 5:30pm-6:30pm Andrea T.-FS			<b>NEW CLASS and/or NEW TIME</b>
<b>STRENGTH TRAIN</b> 5:30pm-6:30pm Denise K.-MPR		<b>STRENGTH TRAIN</b> 5:30pm-6:30pm Denise K.-MPR	<b>CORE FOCUS</b> 6:45pm-7:15pm Andrea T.-MPR			
		<b>CARDIO STEP</b> 5:45pm-6:45pm Marianne B.-FS			<b>FS= Fitness Studio</b>	<b>MPR= MultiPurpose Room</b>

 **\*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)