



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF BUCKS & HUNTERDON COUNTIES
ROUND VALLEY ADULT GROUP FITNESS CLASSES
SEPTEMBER 1 THRU 30, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ROCK YOUR CORE 8:00am-8:30am Jill W.-FS	DEFEND 8:00am-9:00am Ellen D.-FS	STRENGTH TRAIN 8:00am-9:00am Lisa B. -FS		CARDIO STEP 8:00am-9:00am Heena C.-FS	GROOVE 8:30am-9:30am Liz P.-FS	TOTAL BODY 9:30am-10:30am Karlyn W.- FS
TABATA 8:30am-9:00am Jill W.-FS		TAI CHI \$\$PROGRAM\$\$ 9:30am-10:30am Tom T.-FS		YOGA 9:15am-10:15am Heena C. -FS	MUSCLE UP! 9:30am-10:30am Liz P. -FS	
TAI CHI \$\$PROGRAM\$\$ FREE FOR MEMBERS 9:30am-10:30am Tom T.-FS						
						FS= Fitness Studio
STRENGTH TRAIN 5:00pm-6:00pm Jill W.-FS	STRENGTH TRAIN 4:00pm-5:00pm Denise K.-FS	CARDIO STEP 5:00pm-6:00pm Heena C.-FS	GROOVE 6:00pm-7:00pm Jill W.-FS			\$\$Program\$\$ FULL FACILITY MEMBERS FREE REGISTRATION REQUIRED
GROOVE 6:00pm-7:00pm Jill W.-FS	BALANCE & FLEX 6:30pm-7:30pm Heena C.-FS	STRENGTH TRAIN 6:00pm-7:00pm Andrea T.-FS	YOGA 7:00pm-8:00pm Jill W.-FS			

Y WELLNESS 24/7 VIRTUAL ON-DEMAND GROUP EXERCISE. FREE for members:

1. Visit 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