



OLD BRIDGE YMCA GROUP FITNESS SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

March 4– May 5, 2019 **Modified Schedule April 22–April 27**

MONDAY		
Gym or Pool	Studio A	Studio B/Spin
8:00-8:40am Joints in Motion (Elena) (Pool)		5:30am –6:30am Spin (Val)
8:45-9:25am Aqua Boot Camp (Elena) (Pool)	9:00-9:25am Totally Abs (Debi)	
9:30-10:25am Bootcamp (Debi) (Gym)	9:30-10:25am Pilates (Diane)	
9:30-10:10am Deep Water Workout (Elena) (Pool)		
	10:30-11:25am Barre (Diane)	
11:45am-12:25pm Aqua Fusion (Nona) (Pool)	11:30am-12:25pm Zumba Gold (Danit)	
12:30-1:15pm Belts Boards & Buoy (Nona) (Pool)		4:30pm-5:30pm Zumba (Veronica)
	6:00-6:25pm Armed & Dangerous (Stefanie)	
	6:30-7:25pm TABATA (Stefanie)	
	7:30-9:00pm Pilates Fusion (Diane)	

TUESDAY		
Gym or Pool	Studio A	Studio B/Spin
8:00-8:40am Poolates (Elena) (Pool)	8:00-8:55am Yoga (Anjali)	5:30am –6:30am Spin & Abs (Val)
8:45-9:25am Pool Pyramids Elena (Pool)	9:00-9:25am Anything in Minute (Lisa)	
9:30-10:10am Aqua Zumba (Elena) (Pool)	9:30-10:25am Total Body (Lisa)	
	10:30-11:25am Chair Yoga (Melissa)	
12:30-1:15pm Aqua Step N Tone (Bridgid) (Pool)	11:30am-12:15pm Cardio Lite (Janice)	
	4:30pm-5:15pm INSANITY (Arryn)	
	6::30-7:25pm Total Body (Tracy N)	
	7:30-8:25pm Step & Tone (Tracy N)	7:00-8:00pm Spin (Debbie N) New Time
	8:30-9:25pm Zumba (Mona)	

WEDNESDAY		
Gym or Pool	Studio A	Studio B/Spin
8:00-8:40am Joints in Motion (Chris) (Pool)		5:30am – 6:30am Spin (Val)
8:45-9:25am Aqua Flex N Tone (Elena) (Pool)	9:00-9:25am Totally Abs (Debi)	
9:30-10:10am Deep Water (Elena) (Pool)	9:30-10:25am Step Tone (Brenda/ Tracy N)	9:30-10:25am Barre (Debi)
10:15-10:55am Aqua Zumba (Danit) (Pool)	10:30-11:25am Chair Pilates (Diane)	
	11:30am-12:15pm Zumba (Veronica)	12:25pm – 1:30pm Chair Yoga (Melissa) New
10:30am-11:30am H.I.I.T the Circus (Lisa) New	4:30pm-5:30pm Zumba (Veronica)	
11:45am-12:30pm Aqua Fusion (Anne) (Pool)	6:00pm-6:25pm Totally Abs (Diane)	6:30pm-7:25pm Spin (Tracy F)
	6:30-7:25pm Yoga (Anjali)	6:30pm-7:25pm Barre Fusion (Diane)
	7:30-8:25pm Zumba (Lisa C)	

THURSDAY

Gym or Pool	Studio A	Studio B/Spin
8:00-8:40am Ai Chi (Chris) (Pool)		
8:45-9:25am Aqua Boot Camp (Anne) (Pool)	8:00-9:00am Yoga (Leah)	
	9:00-9:25am Armed & Dangerous (Lisa)	
12:30-1:15pm PI-YO-CHI (Nona) (Pool)	9:30-10:25am INSANITY (Lisa)	
	10:30-11:25am Chair Yoga (Melissa)	
	11:30am-12:15pm Forever Fitness (Nona)	
	6:30-7:25pm Total Body (Stefanie)	7:00-8:00pm Spin (Debbie N) New Time
	7:30-8:25pm Step & Abs (Tracy F)	
	8:30-9:25pm Zumba (Pauline)	

FRIDAY

Gym or Pool	Studio A	Studio B/Spin
8:00-8:40am Joints in Motion (Anne) (Pool)		5:30 6:30am Spin (Val)
8:45-9:25am Aqua Zumba (Tracy) (Pool)	9:00-9:25am Totally Abs (Oscar)	
9:30-10:10am Aqua Blast (Danit) (Pool)	9:30-10:25am Latin Groove (Oscar)	
9:30-10:25am Total Body (Val)	10:30-11:25am Strength & Lengthen (Melissa)	
10:30-11:25am Zumba Toning Gold (Tracy S)		
	11:30am-12:30pm Yoga Meditation (Anjali)	
12:30-1:15pm Aqua Step (Bridgid) (Pool)	4:15pm –5:00pm Total Body (Lisa) New Time	

***Schedule/Instructors – subject to change and or cancellation.**
Please be on time.
If you are 10 minutes late, you will NOT be allowed in class
Must be 14 yrs to take the fitness classes .
For any questions regarding fitness schedule, please contact:
Brenda Werneiwski
Wellness Director – (732) 727-0704 X310

SATURDAY

Gym or Pool	Studio A	Studio B/Spin
		7:30-8:25am Spin (Elisa)
	8:30-9:25am Total Body (Elisa)	9:00-9:25am Express Spin (Oscar)
	9:30-10:25am INSANITY (Tracy N)	
	11:00-11:55am Zumba (Lisa C)	
	12:00-12:55pm Tai Chi (Chris)	
SUNDAY		
	8:30-9:25am 20/20/20 (Jenn C)	8:30-9:25am Spin (Val)
9:30-10:15am Aqua Zumba	9:30-10:25am Total Body (Val)	
	10:30-11:25am Zumba (Lisa C)	
	11:30am-12:25pm Family Yoga (Melissa) (Ages 9yrs)	