



Old Bridge Family YMCA GROUP & AQUA FITNESS SCHEDULE September 5 - October 29, 2023

♥ Active Older Adults ♦ Aqua Fitness

MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
5:45 am (S) Cycling Val	6:00 am (S) Cycling Arpita	5:45 am (S) Cycling Val	6:00 am (S) Cycling Arpita	5:45 am (S) Cycling Val		
6:45 am(S) Body Pump Sue NEW	8:00 am Aqua Fit ♦ Danit	8:00 am Aqua Zumba ♦ Tracy S	8:00 am Aqua Fit ♦ Danit	6:45 am (S) BodyPump Sue		
8:00 am Aqua Zumba ♦ Danit	8:30 am (S) Total Body Michelle	9:00 am Aqua Bootcamp ♦ Elenamarie	8:30 am (S) 20/20/20 Felicia	8:00 am Aqua Zumba ♦ Danit	8:00 am (S) Cycling Arpita	8:00 am (S) Cycling Val
9:00 am Aqua Fit ♦ Danit	9:30 am (S) Barre Jessica	9:30 am (S) Chair Yoga Vaishali	9:30 am (S) Cycling Val/ Jessica	9:00 am Aqua Fit♦ Marla	9:00 am (S) Total Body Arpita	8:30 am (S) BodyCombat Danielle
9:30 am (S) Total Body Jean	9:30 am (S) Cycling Michelle	9:30 am (G) Bootcamp Jean	9:30 am (S) Total Body Felicia	9:30 am (90 min) (S) Yoga Anjali		9:30 am(S) BodyPump Danielle
10:00 am Swimnastics♦ Nona		10:00 am (S) Pilates Elenamarie	10:00 am Swimnastics S Nona	10:00 am (G) Kickboxing Marla	10:00 am (S) Zumba Lisa	
10:30 am(S) Zumba Danit	10:30 am (S) Senior Fitness ♥ Michelle	10:30 am (30 min) (S) Meditation Jean NEW	10:30 am(S) Seniors Fitness ♥ Felicia			10:30 am(S) Zumba Lisa
11:30 am Forever Fitness Nona	11:30 am (S) Yoga Rebecca	11:00 am(S) Zumba ♥ Gurdeep	11:30 am(S) Zumba Gold Toning Nona	11:00 am (S) Zumba Danit	11:00 am(S) Yoga Flow Vaishali	
AFTERNOON/ EVENING						
		6:00 pm (S) Barre Jessica				
6:00 pm (S) Zumba Mona	6:00 pm (S) Yoga Anjali	6:00 pm (S) Body Combat Danielle	6:00 pm (S) Total Body Tamara			
7:00 pm (S) Bodypump Arpita	7:00 pm (S) Total Body Dawn	7:00 pm (S) Zumba Lisa	7:00 pm S) Pilates Jean			