



Freehold Family YMCA  
GROUP & AQUA FITNESS SCHEDULE

December 15 – 22, 2024

MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
6:30am (C) Cycling Abby		6:30am (S1) Bootcamp Jean		7am(S1) Rezist Abby		
8:30am(S1) HIIT/Sculpt Express Lisa	8am (CP) Aqua Zen Christina	8am(CP) Aqua Zen ♠ Christina		8:30am(S1) Upper Body Blast Lisa	8am (C) Cycling Abby	
9am(DP) Aqua Fit ♠ Christina	8:30am S1 Floor, Core & more Debbie	8:30am(S1) Armed & Dangerous Lisa	8:30am(S1) HIIT/Sculpt Express Lisa	9am(S1) 20/20/20 Felicia	9am(S1) Floor, Core and More Abby	8:30am (S1) Minute Blast Dawn NEW!
9AM (S1) Total Body Abby	9am(DP) Total Aqua ♠ Christina	9am (S1) POWER Hour Felicia NEW	9am(DP) Total Aqua ♠ Christina	9am(DP) Aqua Fit ♠ Christina	10am(S1) Zumba Connie	
10am(DP) Deep H2O Aerobics ♠ Christina	9am(C) Cycling Abby	9am(DP) Aqua Fit ♠ Christina	9am(S1) Total Body Michele	10am(DP) Deep H2O Aerobics ♠ Christina	11am (S1) Yoga Rebecca	10 am (S1) Family ZUMBA Yetty
10am(S1) Yoga Flow Joan	9 am (S1) BARRE Fusion Debbie		10am(DP) Deep H2O Aerobics ♠ Christina	10am(S1) Yoga Flow Joan		
10:30am(G) Senior Fitness ♥ Toni	10am(S1) Chair Yoga ♥ Eryka	10am(S1) Yoga Flow Joan	10am(S1) Zumba Connie			
11:30am(G) Senior Fitness ♥ Toni			10am(C) Cycling Michele	10:30am(G) Senior Fitness ♥ Felicia		
	11am(S1) Zumba Gold ♥ Eryka	10:30am (G) Senior Fitness ♥ Felicia		11:30am(G) Senior Fitness ♥ Felicia		
		11:30am(G) Senior Fit Felicia	11am(S1) Zumba Gold ♥ Gurdeep			
<b>AFTERNOON/ EVENING</b>						
6pm(C) Cycling Abby	6pm(S1) Step Toni	6pm(S1) Total Body Abby	6 pm (S1) Power Hour Larissa NEW			
6:30am (S1) Body PUMP Lisa P NEW	7pm(S1) Pilates Lisa	7pm (S1) Beginner Yoga Abby	7pm (S1) Slow Flow Yoga Sonal			
						Revised 12/5/23

**LOCATIONS:**  
**1:** Studio 1      **CP:** Cobb Pool  
**2:** Studio 2      **DP:** Dittmar Pool  
**C:** Cycling Studio    **G:** Gymnasium

♥ Active Older Adults ♠ Aqua Fitness