



Old Bridge Family YMCA
GROUP & AQUA FITNESS SCHEDULE
Feb 26th –April 21st 2024

♥ Active Older Adults ♦ Aqua Fitness

MONDAY	TUESDAY	WEDNESDAY	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		
8:00 am Aqua Zumba ♦ Danit	8:00 am Aqua Fit ♦ Danit	6:45 am(S) Body Pump Sue	8:00 am Aqua Fit ♦ Danit	6:45 am (S) BodyPump Sue		
9:00 am Aqua Fit ♦ Danit	8:30 am (S) Total Body Michelle	8:00 am Aqua Zumba ♦ Tracy S	8:30 am (S) 20/20/20 Felicia	8:00 am Aqua Zumba ♦ Danit	8:00 am (S) Cycling Arpita	7:30 am (S) Cycling Marissa
9:30 am (S) Total Body Jean	9:30 am (S) Pilates Fusion Marissa	9:00 am Aqua Bootcamp ♦ Elenamarie	9:30 am (S) Cycling Val/ Jen	8:30 am Pilates Fusion Marissa NEW	9:00 am (S) Total Body Arpita	8:30 am (S) BodyCombat Danielle
10:00 am Swimnastics♦ Nona –	9:30 am (S) Cycling Michelle	9:30 am (S) Chair Yoga • Vaishali 9:30 am (G) Bootcamp • Jean	9:30 am (S) Total Body Felicia	9:00 am Aqua Fit♦ Danit		9:30 am(S) BodyPump Danielle
10:30 am(S) Zumba Danit		10:00 am (S) Pilates Elenamarie	10:00 am Swimnastics♦ Nona	9:30 am (90 min) (S) Yoga • Anjali 9:30 am (G) NEW T. Body • Marissa	10:00 am (S) Zumba Lisa	
11:30 am Forever Fitness Nona	10:30 am (S) Senior Fitness ♥ Michelle	10:30 am (30 min) (S) Meditation Jean	10:30 am(S) Seniors Fitness ♥ Felicia	10:00 am (P) Aqua Fit♦ NEW Tracy		10:30 am(S) Zumba Lisa
	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						
12pm Sprint 8 NEW Jen		12pm Cycling NEW Jen		12pm Forever Fitness Tracy		
	5:00pm Sprint 8 NEW Tamara	6:00 pm (S) Pilates Fusion Marissa	6:00 pm(P) Aqua Fit♦ NEW Tracy			
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			