



# Freehold Family YMCA GROUP & AQUA FITNESS SCHEDULE April 22– June 16, 2024

♥ Active Older Adults   ♦ Aqua Fitness

MONDAY	TUESDAY	WENDESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
6:30am (C) Cycling Abby	6:30am (S2) Body Pump Lisa P	6:30am (S2) Bootcamp Jean	9am (CP) Aqua Zen ♦ Christina	7am (S2) Rezist Abby		
8:30am (S2) HIIT/Sculpt Express Lisa	8am (CP) Aqua Zen ♦ Christina	9am (DP) Aqua Fit ♦ Christina	8:30am Cycle Express Michele -	8:30am (S2) Upper Body Blast Lisa	7:30am (C) Cycling Abby	8am (S2) Body Pump Lisa P-
9am (DP) Aqua Fit ♦ Christina	8:30am (S1) Floor, Core & more Debbie	8:30am (S2) Armed & Dangerous Lisa	8:30am (S2) Gutts and B utts LisaNEW	9am (S1) 20/20/20 Felicia	8:30am (S1) Floor, Core and More Abby	9am (S2) Circuit Circus Marla NEW
9am (S1) Total Body Abby	9am (DP) Total Aqua ♦ Christina	9am (S1) POWER Hour Felicia !	9am (DP) Total Aqua ♦ Christina	9am (DP) Aqua Fit ♦ Christina	10am(S2) Zumba Connie	10am (S2) Family Zumba Yetty
10am (DP) Deep H2O Aerobics ♦ Christina	9am (C) Cycling Abby	10am (DP) Deep H2O ♦ Christina	9am (S1) Total Body Michele	10am ( DP) Deep H2O Aerobics ♦ Christina	11am (S1) Yoga Rebecca	11am (S2) Stretch & Relax Jen N
10am (S1) Yoga Flow Joan	9am (S1) BARRE Fusion Debbie	9am(S2) Dance Fit Toni - NEW		10am (S1) Yoga Flow Joan		
10 AM (S2) Strengthen & Lengthen Felicia	10am (S2) Chair Yoga ♥ Eryka	10am (S1) Yoga Flow Joan	10am (S2) Zumba Connie	10am (S2) Body PUMP Marla		
10:30am (G) Senior Fitness ♥ Toni	10am (S1) Minute Blast Lisa	10am (S2) Body Pump Marla	10am (S1) Pilates Jean	10:30am (G) Senior Fitness ♥ Felicia		
11:30am (G) Senior Fitness ♥ Toni	11am (S2) Zumba Gold ♥ Eryka	10:30am (G) Senior Fitness ♥ Felicia	11am (S2) Zumba Gold ♥ Gurdeep	11:30am (G) Senior Fitness ♥ Felicia		
		11:30am(G) Senior Fit Felicia				
<b>AFTERNOON/ EVENING</b>						
6pm (C) Cycling Abby	6pm (S1) Step Toni	6pm (S1) Total Body Abby	6 pm (S2) Power Hour Lisa P			
6pm (S2) Body PUMP Lisa P	7pm (S1) Pilates Lisa P	7pm (S1) Beginner Yoga Abby	7pm (S1) Slow Flow Yoga Sonal			
7pm (S1) Absolutely Abs (30min) Abby NEW						

**LOCATIONS:**

1: Studio 1      CO: Cobb Pool  
 2: Studio 2      DP: Dittmar Pool  
 C: Cycling Studio    IP: Inst. Pool  
 G: Gymnasium      O: Outdoors