



**Old Bridge Family YMCA
GROUP & AQUA FITNESS SCHEDULE
April 22nd– June 16th**

♥ 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 (P) Aqua Zumba ♦ Danit	8:00 am (P) Aqua Fit ♦ Danit	6:45 am(S) Body Pump Sue	8:00 am (P) Aqua Fit ♦ Danit	6:45 am (S) BodyPump Sue	8:00 am (S) Cycling Arpita	7:30 am (S) Cycling Marissa
8:30am (S) NEW Strength and Mobility 9:00 am (P) Aqua Fit ♦ Danit	8:30 am (S) Total Body Michelle	8:00 am (P) Aqua Zumba ♦ Tracy S 8:30am (S) NEW Functional Movement—Tamara	8:30 am (S) 20/20/20 Felicia	8:00 am (P) Aqua Zumba ♦ Danit	9:00 am (S) Total Body Arpita	8:30 am (S) BodyCombat Danielle
9:30 am (S) Total Body Jean	9:30 am (S) Pilates Fusion Marissa	9:00 am (P) Aqua Bootcamp ♦ Elenamarie	9:30 am (S) Cycling Val/ Jen	8:30 am (S) Pilates Fusion Marissa	10:00 am (S) Zumba Lisa	9:30 am(S) BodyPump 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 (P) Aqua Fit♦ Danit	11:00 am(S) Yoga Flow Vaishali	10:30 am(S) Zumba Lisa
10:30 am(S) Zumba Danit	10:30 am (S) Senior Fitness ♥ Michelle	10:00 am (S) Pilates Elenamarie	10:00 am Swimnastics♦ Nona	9:30 am (90 min) (S) Yoga • Anjali 9:30 am (G) Total Body • Marissa		11:30am (S) NEW Strength and Mobility—Tamara
11:30 am Forever Fitness Nona	11:30 am (S) Yoga Rebecca	10:30 am (30 min) (S) Meditation Jean	10:30 am(S) Seniors Fitness ♥ Felicia	10:00 am (P) Aqua Fit♦ NEW Tracy		
		11:00 am(S) Zumba ♥ Gurdeep	11:30 am(S) Zumba Gold Toning Nona	11:00 am (S) Zumba Danit		
AFTERNOON/ EVENING						
12pm (F) Sprint 8 NEW—Jen		12pm (S) Cycling NEW—Jen		12pm (S) Forever Fitness Tracy		
6:00 pm (S) Zumba Mona	6:00 pm (S) Yoga Anjali	6:00 pm (S) Pilates Fusion Marissa	6:00 pm (S) Total Body Tamara			
7:00 pm (S) Bodypump Arpita	7:00 pm (S) Total Body Dawn	6:00 pm (S) Body Combat Danielle	6:30 pm(P) Aqua Fit♦ NEW Tracy			
		7:00 pm (S) Zumba Lisa	7:00 pm S) Pilates Jean			