



# Freehold Family YMCA GROUP & AQUA FITNESS SCHEDULE JUNE 17 – SEPTEMBER 1, 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	NEW 8 AM (CO) Aqua Summer Splash Christina	7am (S2) Rezist Abby		
8:30am (S2) HIIT/Sculpt Express Lisa	NEW 8am (CO) Aqua Summer Splash 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 & Butts Lisa	9am (S1) 20/20/20 Felicia	8:30am (S1) Floor, Core and More Abby	9am (S1) Circuit Circus Marla
9am (S1) Total Body Abby	NEW 9am (DP) Aqua Sculpt ♦ Lisa P	9am (S1) POWER Hour Felicia	NEW 9am (DP) Aqua Sculpt ♦ Lisa P	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 (S2) Zumba Connie	10am (S1) Yoga Flow Joan		
10 AM (S2) Strengthen & Lengthen Felicia	10am (S2) Chair Yoga ♥ Eryka	10am (S1) Yoga Flow Joan	10am (S1) Pilates Jean	10am (S2) Body Pump Marla		
10:30am (G) Senior Fitness ♥ Toni	10am (S1) Minute Blast Lisa	10am (S2) Body Pump Marla	11am (S2) Zumba Gold ♥ Gurdeep	10:30am (G) Senior Fitness ♥ Felicia		
11:30am (G) Senior Fitness ♥ Toni	11am (S2) Zumba Gold ♥ Eryka	10:30am (G) Senior Fitness ♥ Felicia		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 CYCLE Isabella NEW			
6pm (S2) Body PUMP Lisa P	7pm (S1) Pilates Lisa P	7pm (S1) Beginner Yoga Abby	7pm (S1) Yogalates Giuliana NEW			
7pm (S1) Absolutely Abs (30min) Abby						

**LOCATIONS:**

1: Studio 1                      CO: Cobb Pool  
 2: Studio 2                      DP: Dittmar Pool  
 C: Cycling Studio              IP: Inst. Pool