

4TH OF JULY FITNESS SCHEDULE

THURSDAY • JULY 4

The Y is **FREE & OPEN**

OPEN
UNTIL
3 P.M.

FREEHOLD

8:00 A.M.
AQUA SUMMER SPLASH
Christina

8:30 A.M.
GUTTS & BUTTS
Felicia

9:00 A.M.
TOTAL BODY
Felicia

10:00 A.M.
ZUMBA
Connie

OLD BRIDGE

8:00 A.M.
CYCLING
Arpita

9:00 A.M.
SWIMANSTICS
Nona

9:00 A.M.
BODY PUMP 129 RELEASE
Arpita

10:30 A.M.
FOREVER FITNESS
Nona

RED BANK

7:00 A.M.
PILATES
Lauren

8:30 A.M.
BODY PUMP
Lori

10:00 A.M.
ZUMBA
Eryka

11:00 A.M.
CHAIR YOGA
Eryka

ALL BRANCHES
ARE OPEN FROM
5A.M.-3 P.M.

For more information, visit
» ymcanj.org/schedules



YMCA OF GREATER MONMOUTH COUNTY

624-7380-THQ

Freehold Family YMCA
470 East Freehold Road
Freehold, NJ 07728
732.462.0464

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
732.727.0704

Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504

YMCA.NJ.org

Here for all.
Financial assistance
is offered based on
availability of funds.