



**Old Bridge Family YMCA
GROUP & AQUA FITNESS SCHEDULE
June 17– August 18, 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 (P) Aqua Bootcamp ♦ NEW Tamara	8:00 am (P) Aqua Zumba ♦ NEW Tracy	6:45 am(S) Body Pump Sue	8:00 am (P) Aqua Zumba ♦ NEW Tracy	6:45 am (S) BodyPump Sue		
9:00 am (P) Aqua Fit ♦ NEW Tamara	8:30 am (S) Total Body Michelle	8:00 am (P) Aqua Zumba ♦ Tracy S 8:30am (S) Functional Movement Tamara	8:30 am (S) 20/20/20 Felicia 9:00am (P) Aqua Fit♦ NEW Tracy	8:00 am (P) Aqua Zumba ♦ NEW Tracy	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 (P) Aqua Bootcamp ♦ Elenamarie	9:30 am (S) Cycling Val/ Jen	8:30 am (S) Pilates Fusion Marissa	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 (P) Aqua Fit♦ NEW Tracy		9:30 am(S) BodyPump Danielle
10:30 am(S) Yoga Flow NEW Rebecca		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	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			10:30 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 NEW Lisa	11:00 am(S) Yoga Flow Vaishali	NEW 11:30am (S) Strength and Mobility Tamara
AFTERNOON/ EVENING						
		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) Body Combat Danielle	6:00 pm (S) Total Body Tamara 6:30 pm(P) Aqua Fit♦ NEW Tracy			
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			