



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL (*Certain classes now also being offered at the branch!)

GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00-7:45 NEW Pilates Aimee	8:00-9:00 Serenity, Power and Strength Linda R	7:00-7:45(M*) NEW Total Body Cathy H	8:00-9:00 Zumba® Linda R	7:00-7:45 (M*) Pilates Linda R
8:00-9:00 Total Body Angela	9:15-10:15 Zumba® EJ	8:00-9:00 Pilates and Stretch Angela	9:15-10:15(S*) Pilates EJ	8:00-9:00 Total Body Angela
9:15-10:30 Yoga Shuchi	12:00-12:45 Fit for Life** Angela	10:00-11:00 Total Body HIIT Hannah	12:00-12:45 Chair Fitness** Elizabeth	9:15-10:30 Yoga Shuchi
11:00-12:00 Enhance Fitness** Tom	5:00-6:15 Yoga Sandy	12:30-1:45 Yoga** Jhankhna	5:00-6:15 Yoga and Pranayama Jhankhna	11-12:00 (S*) Fit for Life Jeanine
5:00-5:45 Total Body HIIT Hannah	6:30-7:15 STRONG Nation™ LiHan	5:00-5:45 NEW Pilates EJ	6:30-7:30 BollyX® Aanchal	4:30-5:45 Yoga Jhankhna
6:00-7:00 Zumba® EJ	7:30-8:30 Pranayama Deep Breathing Shuchi	6:00-7:00 Zumba® Sakshi	7:45-8:30 NEW Stretch & Tone LiHan	6:00-7:00 Zumba® Sakshi
7:15-8:15 STRONG Nation™ Bhavana		7:15-8:30 Yoga Sandy		

~NEW~
*indicates class offered virtually and at the branch!
M=Metuchen
E=Edison
S=South Amboy
**Interactive Classes

SATURDAY

8:00-9:00 STRONG Nation™ Bhavana	9:15-10:30 Yoga Shuchi	10:45-11:45 BollyX® Aanchal	12:00-12:45 Chair Fitness Elizabeth
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YMCA MEMBERS ONLY: CLICK ON CLASS NAME FOR ZOOM LINK