



FITNESS CLASS SCHEDULE

Fall I September 5 - October 29, 2017

Classes/Instructors Subject to Change

Updated 8.9.2017

Time	Monday	Rm	Instructor	Time	Thursday	Rm	Instructor
5:15-6:00 AM	Spinning	C	Dorothy	5:15-6:00 AM	GRIT	GF	Dorothy
5:45-6:25	Boot Camp Challenge	G	Christina	5:30-6:30	Sport Yoga	S	Michelle P.
6:00-6:45	Yogalaties	GF	Anne Marie	6:00-6:45	Spinning	C	Anne Marie
7:30-8:40	Yoga	GF	Christina	7:45-8:40	Yoga Therapy	GF	Christina
8:15-9:00	Spinning	C	Anne Marie	8:15-9:00	Spinning	C	Dawn
8:45-9:10	Abs & Back	GF	Dawn	9:00-9:55	Kickbox Fierce Fight	GF	Barb
9:15-10:10	BodyPump	GF	Darlene	9:00-10:00	Nia	G	Terri
9:15-10:00	Spinning	C	Ilisa	9:30-10:30	Extended Spin	C	Dan
9:30-10:25	Zumba	G	Barb	9:45-10:45	Aqua Fit	P	Debra
10:00-11:00	Aqua Sculpt	P	Johnna	10:00-10:55	BodyPump	GF	Barb
10:15-10:55	Pilates	GF	Michele V.	10:45-11:30	Arthritis Water Exercise	P	Debra
11:00-11:55	Barre Burn	GF	Michele V.	12:00-1:00 PM	Yoga	GF	Christina
12:00-1:00 PM	Yoga	GF	Michele V.	5:30-6:10	Core & More	GF	Dawn
5:30-6:25	PiYo	GF	Barb	6:15-7:15	P90X Live	GF	Barb
6:15-7:00	Spinning	C	Danielle	6:15-7:00	Spinning	C	Dawn
6:30-7:25	P90X Live	GF	Barb	7:30-8:30	Vinyasa Yoga Level II	GF	Loretta
7:30-8:30	Yoga	GF	Laura				
Time	Tuesday	Rm	Instructor	Time	Friday	Rm	Instructor
5:45-6:45 AM	Extended Spin	C	Jamie	5:45-6:25 AM	Boot Camp Challenge	G	Christina
5:45-6:45	Sunrise Yoga	GF	Christina	6:00-6:45	Yogalaties	GF	Anne Marie
7:15-8:00	Spinning	C	Nancy	6:00-6:45	Spinning	C	Jamie
7:30-8:45	NEW TIME!! Yoga Therapy	S	Christina	8:00-8:55	Dance Fitness	GF	Peggy O.
8:00-8:55	Dance Fitness	GF	Dot	8:15-9:00	Spinning	C	Anne Marie
9:00-9:55	Boot Camp Challenge	G	Sue	8:30-9:10	GRIT	G	Barb
9:00-9:55	NEW!! Barre Above	GF	Lisa	9:00-9:50	*OA Strength & Stability	S	Peggy
9:00-9:45	Spin	C	Roseann	9:15-10:10	Barre Burn	GF	Michele V.
9:45-10:45	Aqua Fit	P	Debra	9:15-10:10	P90X Live	G	Barb
10:00-11:00	NEW!! Hard Core Conditioning	S	Sue	9:30-10:30	Extended Spin	C	Sue
10:00-10:55	Power Yoga	GF	Eric	10:00-11:00	NEW!! Chair Yoga	S	Ursula
10:45-11:30	Arthritis Water Exercise	P	Debra	10:00-11:00	Aquasize	P	AnneMarie/Carolyn
11:00-12:15PM	Yoga	GF	Eric	10:30-11:25	Yoga	GF	Lisa
5:45-6:40	BodyPump	GF	Darlene	11:30-12:25 PM	*Sr. Fitness	GF	Peggy
6:15-7:00	Spinning	C	Ilisa	12:30-1:45	*Project Healthy Bones	GF	Peggy/Pat
6:45-7:25	Triple Threat	GF	Dawn	5:30-6:30 PM	NEW TIME!! Zumba	GF	Anastasia
				6:15-7:00	Spinning	C	RI-1
				7:00-8:00	NEW TIME!! Gentle Yoga	GF	Jason/Michele
Time	Wednesday	Rm	Instructor	Time	Saturday	Rm	Instructor
5:15-6:00 AM	Spinning	C	Dorothy	8:00-8:55 AM	Red Hot Dance Fitness	GF	Pam
5:45-6:40	** BootCamp/BodyBump	G/GF	Dana/Michele V.	8:00-8:55	Boot Camp Challenge	G	RI-2
7:00-8:00	Yoga	S	Michele V.	8:00-9:00	Extended Spin	C	Dawn/Dorothy
7:30-8:25	Dance Fitness	GF	Dot	9:00-9:55	Yogalaties	GF	Loretta
8:15-9:00	Spinning	C	Anne Marie	9:15-10:00	Spin	C	RI-3
8:30-9:25	PiYo	GF	Barb				
9:15-9:55	GRIT	G	Darlene				
9:30-10:25	Let's Dance	GF	Barb				
10:00-11:00	Aqua Sculpt	P	Johnna				
10:30-11:30	Barre Burn	GF	Michele V.				
11:35-12:35 PM	Yoga	GF	Michele V.				
5:00-5:55	Yoga	GF	Ruth				
6:00-6:55	Fierce TKO	GF	Barb				
6:15-7:00	Spinning	C	Danielle				
7:00-7:30	GRIT	GF	Tara/Jamie				
7:35-8:35	Zumba	GF	Kristen				
Time	Sunday	Rm	Instructor				
7:15-7:55AM	Grit	GF	Tara/Dorothy				
8:00-8:55	Step & Sculpt	GF	Dina				
8:30-9:30	Extended Spin	C	Dawn/Dorothy				
8:30-9:30	Zumba	G	Robin/Dee				
9:00-9:55	Yoga	GF	Christina				
10:00-10:55	Yoga Level II	GF	Christina				
11:00-11:55	Body Pump	GF	Dorothy				

RI #s Multiple Rotating Instructors

RI-1 Michelle/Sandie/Colleen

RI-2 Colby/Daniel/Tara

RI-3 Dana/Danielle/Ron W./Rosanna

* The first Friday of every month will be Donna

**Wednesdays 5:45-6:40am Boot Camp Sept 6 & 20| Oct 4 & 18|BodyPump Sept 13 & 27|Oct 11 & 25

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 www.lakelandhillsymca.com

POLICIES:
 For safety reasons and in consideration of other participants, please be on time.
 Please wait for the previous class to leave before entering the room.
 Please refrain from wearing perfume or cologne when attending a class.
 Proper attire and footwear required.

KEY:
P Pool **C** Cycling Room **G** Gymnasium
GF Group Fitness Studio **S** Scribner

FITNESS CLASS DESCRIPTIONS

CARDIO

Fierce TKO: (Fierce TOTAL Knockout Kickbox Tabata Workout) Tabata is 8 intervals of 20 seconds max work, 10 second rest; 60 second recovery follows each Tabata.

Kickbox Fierce Fight: Dynamic cardiovascular workout which utilizes boxing and martial arts style training techniques to improve strength, agility and endurance.

PIYO: Pilates and yoga inspired moves crank up the speed to give you full-throttle cardio, strength and flexibility training. Body weight is used to perform a series of continuous targeted moves. No weights/jumps, just hardcore results! Barefoot preferred.

Senior Fitness: Low-impact cardio workout designed with the older adult in mind. Class consists of warm-up, stretch, cardio routine, muscle strengthening and cool down/relaxation.

Spinning: Emphasis on proper cycling technique while you control the intensity of this world-class workout. Arrive 30 minutes before class to pick up your reservation ticket and get your bike. *Towel and water bottle are mandatory.*

Step & Sculpt: For the "Step" lover! Add the sculpt and you have a complete workout.

CIRCUIT CHALLENGES

Boot Camp Challenge: Dynamic and intense circuit workout that incorporates cardio sprints, whole body toning, strength, power, balance and core conditioning. All levels welcome.

GRIT: 30-minute high-intensity interval training (HIIT) workout that improves your strength, build lean muscle, and improves cardiovascular fitness. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches that will push you harder.

OA (Older Adult) Strength and Stability: This circuit class incorporates balance techniques with strength exercises. Over time you will feel steady and more confident when you move and engage in daily activities.

Triple Threat: A total body workout split 3 fun ways. Challenge yourself with cardio intervals followed by a strength segment and ending with core training all in 40 minutes utilizing your body weight, free weights, step and so much more!

P90X Live: P90X LIVE is a full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. Constantly changing protocols will keep the participant from hitting a plateau.

Dance

Dance Fitness/Let's Dance: This fun aerobic dance class takes the "pain" out of exercise, resulting in toning and cardiovascular benefits.

Zumba: An aerobic workout with pulsating Latin music incorporating footwork and body movements from flamenco, salsa, meringue and other dances. NO EXPERIENCE NECESSARY.

Red Hot Dance Fitness: Not your typical workout! Red Hot Dance Fitness is a dance based fitness program that combines the hottest music with easy to follow yet challenging choreography suitable for beginners yet challenging enough for the advanced dancer. An invigorating, exhilarating, liberating and calorie burning dance party that will have you addicted from the first beat!

SPIRIT-MIND-BODY

Chair Yoga: This is the gentlest form of yoga; it is easier on your muscles, and is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain, and those that find it difficult to get up and down from the floor.

Nia: A cardio-dance workout and movement practice that tones your mind and tunes your body. Each workout brings mindfulness to your dance movement, leaving you energized, mentally clear and emotionally balanced. Nia combines 52 simple moves with dance arts, martial arts and healing arts to get you fit in body, mind, emotion and spirit. Practiced barefoot, non-impact and adaptable to individual needs and abilities.

Power Yoga: Fast-paced yoga class designed to focus more on strength, breathing and flow. This class is for in-shape people of all yoga experiences, from beginners to experts.

Sports Yoga: This class incorporates traditional sports stretching and focuses more on structure and balance. Beginners welcomed!

Vinyasa Level II/Yoga Level II: Practicing yoga 6 months to 1 year; consistent and comfortable with Sun Salutations and various asanas.

Yoga: A fit and supple body is developed through the practice of postures (asanas). Taken from various Yoga disciplines, the asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential.

Yogalaties: Blending the breath and flexibility training of yoga with the power and centering techniques of Pilates, Yogalaties offers a workout that stretches and tones the body while relaxing the mind.

Yoga Therapy: The ancient art and science of yoga is used to promote a healthy and well-functioning body and mind. Focus will be on postures that help to manage pain, increase flexibility, and promote health and well-being.

SCULPTING & TONING

Abs & Back: Dedicated to strengthening and toning the "CORE" muscles. Focus is on posture and form.

Barre Above: Barre above™ fuses the very best of pilates, yoga, aerobics, and strength training. You don't need to worry about dance experience. Barre above™ is barre for all bodies! Classes include modifications for any fitness level, so you can feel successful while achieving an amazing workout that will lengthen, strengthen and tone your body.

Barre Burn: A fast and effective way to change your body! A total body workout that lifts your seat, tones your thighs, abs and arms AND you'll burn fat. Take this class and hit up a different kind of bar for a change!

Body Pump: A total body workout that burns calories, shapes, and tones without building bulky muscles. The encouragement, motivation, and great music in every BODYPUMP® class will achieve the results you want and deserve!

Core & More: Strengthen your core muscles plus tone multiple muscle groups using body weight, dumb bells, gliders Bender ball and so much more! All fitness levels welcomed!

Hard Core Conditioning: An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using a variety of equipment, this class will help you define your body from head to toe.

Pilates: A series of core exercises that emphasize the muscles of the abdomen and back. Posture will improve while you lengthen and strengthen all of the muscles in your body.

SPECIALITY PROGRAMS

Project HEALTHY BONES: Osteoporosis prevention, exercise and education program for adults, designed to improve strength, balance and flexibility. You will be educated on the importance of exercise, nutrition, safety, drug therapy and lifestyle factors as they relate to osteoporosis. MEDICAL CLEARANCE REQUIRED. See Member Services Desk for medical form and details. Non-member fee \$50 per session.

Pool Classes

Aqua Fit: Beginner-level water exercise class that concentrates on range of motion and basic cardiovascular conditioning. Recommended for beginners, people with mild arthritis and those returning from back and joint injuries.

Aqua Sculpt: Discover a whole new way to use water! This high intensity weight-resistance workout focuses on toning and sculpting the major muscle groups to benefit overall health.

Arthritis Water Exercise: This class is designed for people with arthritis or those with limited range of motion. Our trained instructor guides participants through gentle movement in the water that can help decrease pain and stiffness.

Aquacize: Exercises done in the pool put less stress on your joints. Class spends time in shallow and deep water, but you may stay wherever you're comfortable. You do not have to know how to swim to take this class. Floatation devices are provided.