



TUESDAY JULY 4TH
NO CLASSES
YMCA OPENED 7AM-4PM

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Updated 6.1.2017

FITNESS CLASS SCHEDULE

Summer - June 26 to August 25, 2017

| Time | Monday | Rm | Instructor | Time | Thursday | Rm | Instructor |
|----------------------------|--------------------------|----|-----------------|--|------------------------------------|----|---------------|
| 5:45-6:45 AM | Extended Spin | C | Dorothy | 6:00-6:40 AM | GRIT | GF | Dorothy |
| 5:45-6:25 | Boot Camp Challenge | G | Christina | 6:00-6:45 | Spinning | C | Anne Marie |
| 6:00-6:45 | Yogalaties | GF | Anne Marie | 6:45-7:40 | BodyPump | GF | Dorothy |
| 7:30-8:40 | Yoga | GF | Christina | 7:45-8:45 | Yoga Therapy | GF | Christina |
| 8:15-9:00 | Spinning | C | Anne Marie | 8:15-9:00 | **Beach Boot Camp Challenge | O | Dorothy/Dawn |
| 9:15-10:10 | BodyPump | GF | Darlene | 9:15-9:55 | Kickbox Fierce Fight | GF | Barb |
| 9:15-10:00 | Spinning | C | Illisa | 9:30-10:30 | Extended Spin | C | Dan |
| 10:00-11:00 | Aqua Sculpt | P | Johnna | 9:45-10:45 | Aqua Fit | P | Debra |
| 10:15-10:55 | ***Barre Burn/Pilates | GF | Michele V. | 10:00-10:55 | BodyPump | GF | Barb |
| 11:00-12:00 PM | Yoga | GF | Michele V. | 10:45-11:30 | Arthritis Water Exercise | P | Debra |
| 5:30-6:15 | PiYo | GF | Barb | 11:00-12:00 PM | Yoga | GF | Donna |
| 6:15-7:00 | Spinning | C | Danielle | 5:30-6:00 PM | NEW!! GRIT | GF | Barb |
| 6:30-7:25 | P90X Live | GF | Barb | 6:15-7:15 | P90X Live | GF | Barb |
| 7:30-8:30 | Yoga | GF | Laura | 6:15-7:00 | Spinning | C | Dawn |
| | | | | 7:30-8:30 | Vinyasa Yoga Level II | GF | Loretta |
| 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 |
| 7:00-8:00 | *Yoga on the Beach | O | Christina | 6:00-6:45 | Spinning | C | Jamie |
| 7:15-8:00 | Spinning | C | Nancy | 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 |
| 8:15-9:00 | **Beach Boot Camp | O | Dorothy/Jamie | 9:15-10:15 | Barre Burn | GF | Michele V. |
| 9:00-9:45 | Spin | C | Roseann | 9:30-10:30 | Extended Spin | C | Sue |
| 9:15-10:10 | Simply Strength | GF | Lisa | 10:30-11:25 | Yoga | GF | Lisa |
| 9:45-10:45 | Aqua Fit | P | Debra | 11:30-12:30 PM | Sr. Fitness/1st Fri Chair Yoga | GF | Peg/Ursula |
| 10:15-10:55 | Power Yoga | GF | Eric | 6:30-7:30 | NEW TIME!! Gentle Yoga | GF | Jason/Michele |
| 10:45-11:30 | Arthritis Water Exercise | P | Debra | | | | |
| 11:00-12:00 PM | Yoga | GF | Eric | Time | Saturday | Rm | Instructor |
| 5:45-6:40 | BodyPump | GF | Darlene | 8:00-8:55 AM | NEW!! Red Hot Dance Fitness | GF | Pamela |
| 6:15-7:00 | Spinning | C | Illisa | 8:00-9:00 | Boot Camp Challenge | G | RI-1 |
| 6:45-7:25 | Triple Threat | GF | Dawn | 8:00-9:00 | Extended Spin | C | RI-2 |
| July 4 - NO CLASSES | | | | 9:00-9:55 | Yogalaties | GF | Loretta |
| Time | Wednesday | Rm | Instructor | 10:00-11:00 | NEW!! BodyPump | GF | Dorothy |
| 5:45-6:45 AM | Extended Spin | C | Dottie | Time | Sunday | Rm | Instructor |
| 5:45-6:40 | ***Boot Camp/BodyPump | G | Dana/Michele V. | 7:15-7:50 AM | GRIT | GF | Dorothy/Tara |
| 7:00-7:55 | Yoga | GF | Michele V. | 8:00-8:50 | Step & Sculpt | GF | Dina |
| 8:00-9:00 | Dance Fitness | GF | Peggy O. | 8:30-9:30 | Extended Spin | C | Dawn/Dorothy |
| 8:15-9:00 | Spinning | C | Anne Marie | 8:30-9:30 | Zumba | G | Robin/Dee |
| 9:15-9:55 | P90X | GF | Barb | 9:00-9:55 | Yoga | GF | Christina |
| 10:00-10:40 | Let's Dance | GF | Barb | 10:00-11:00 | Yoga Level II | GF | Christina |
| 10:00-11:00 | Aqua Sculpt | P | Johnna | RI #'s = Multiple Rotating Instructors | | | |
| 10:45-11:30 | Barre Burn | GF | Michele V. | RI-1 Colby/Jamie/Daniel/Tara | | | |
| 5:00-5:55 PM | Yoga | GF | Ruth | KEY: RI-2 Dana/Danielle/Ron W./Rosanna /Dawn | | | |
| 6:00-6:55 | Fierce TKO | GF | Barb | C Cycling Room O Outside (meet on Island Beach) | | | |
| 6:15-7:00 | Spin | C | Danielle | G Gymnasium GF Group Fitness Studio | | | |
| 7:00-7:30 | GRIT | GF | Tara/Jamie | P Pool | | | |
| 7:35-8:35 | Zumba | GF | Kristen | Classes/Instructors Subject to Change | | | |

***Yoga on Island Beach will meet WEATHER PERMITTING ONLY! Meet on Island Beach, the Boulevard, Mountain Lakes**

****Beach Boot Camp meets on Island Beach, Rain or Shine!**

Weather Decisions: On days of inclement or questionable weather, a decision on whether yoga class will meet will be made and posted on website and information hotline no later than 6:30 AM. PLEASE DO NOT CALL THE MAIN YMCA number for this information.

*****Monday's 10:15-10:55am Barre Burn Jun 26|July 10 & 24|Aug 7 & 21|Pilates July 3, 17 & 31|Aug 14**

*****Wednesday's 5:45-6:40am Body Pump July 5 & 19|Aug 2 & 16 Boot Camp July 12 & 26| Aug 9 & 23**

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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.

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. ***First Friday/month this class will be Chair Yoga.**

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. All levels welcome.

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:** ***Every first Friday of the month.** 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.

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 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! Each class is 55 minutes in length.

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.

Simply Strength: Using your own body weight, hand weights, gliders and bands, this class utilizes real life functional movement patterns such as twisting, bending, pushing, pulling, lunging and squatting in a FUN and creative way. Core training, balance and flexibility are all included to create a well-rounded program.

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.