



**MEMORIAL DAY MAY 29TH  
NO CLASSES**

FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
FOR SOCIAL RESPONSIBILITY

**FITNESS CLASS SCHEDULE**

**Spring II April 24- June 25, 2017**

Classes/Instructors Subject to Change

Updated 4.18.2017

| Time           | Monday                    | Rm   | Instructor      | Time           | Thursday                       | Rm | Instructor    |
|----------------|---------------------------|------|-----------------|----------------|--------------------------------|----|---------------|
| 5:15-6:00 AM   | Spinning                  | C    | Dorothy         | 5:15-6:00 AM   | <b>NEW!! GRIT</b>              | GF | Dorothy       |
| 5:45-6:25      | Boot Camp Challenge       | G    | Christina       | 5:30-6:30      | Sport Yoga <b>(New Room)</b>   | S  | Michelle P.   |
| 6:00-6:45      | Yogalaties                | GF   | Anne Marie      | 6:00-6:45      | Spinning                       | C  | Anne Marie    |
| 7:30-8:40      | <b>NEW TIME!!</b> 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     | <b>NEW!!</b> BodyPump     | GF   | Darlene         | 9:00-10:00     | Nia                            | G  | Terri         |
| 9:15-10:00     | Spinning                  | C    | Illisa          | 9:30-10:30     | Extended Spin                  | C  | Dan           |
| 9:30-10:25     | Zumba                     | G    | Barb            | 10:00-10:55    | BodyPump                       | GF | Barb          |
| 10:15-10:55    | Pilates                   | GF   | Michele V.      | 11:00-11:55    | <b>NEW!! GRIT</b>              | GF | Jamie         |
| 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      | <b>**P90X Live/NEW!! GRIT</b>  | GF | Barb          |
| 5:30-6:25      | Barre Burn                | S    | Michele V.      | 6:15-7:00      | Spinning                       | C  | Dawn          |
| 6:15-7:00      | Spinning                  | C    | Danielle        | 7:30-8:30      | Vinyasa Yoga Level II          | GF | Loretta       |
| 6:30-7:25      | P90X Live                 | GF   | Barb            |                |                                |    |               |
| 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         |
| 7:00-8:15      | <b>NEW!!</b> 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    |
| 8:15-9:00      | Spinning                  | C    | Roseann         | 8:30-9:10      | <b>NEW!! GRIT</b>              | G  | Barb          |
| 9:00-9:55      | Boot Camp Challenge       | G    | Sue             | 9:00-9:50      | OA Strength & Stability        | S  | Terri         |
| 9:00-9:55      | Simply Strength           | GF   | Lisa            | 9:15-10:10     | Barre Burn                     | GF | Michele V.    |
| 9:30-10:30     | Extended Spin             | C    | Darlene         | 9:15-10:10     | P90X Live                      | G  | Barb          |
| 10:00-11:00    | Pilates                   | S    | Sue             | 9:30-10:30     | Extended Spin                  | C  | Sue           |
| 10:00-10:55    | Power Yoga                | GF   | Eric            | 10:00-10:45    | Ageless Grace*                 | S  | Terri         |
| 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/1st Fri Chair Yoga | GF | Peg/Ursula    |
| 6:15-7:00      | Spinning                  | C    | Illisa          | 12:30-1:45     | Project Healthy Bones          | GF | Terri/Pat     |
| 6:45-7:25      | Triple Threat             | GF   | Dawn            | 6:00-7:00      | Zumba                          | GF | Anastasia     |
|                |                           |      |                 | 6:15-7:00      | Spinning                       | C  | <b>RI-1</b>   |
|                |                           |      |                 | 7:15-8:15      | 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   | Zumba                          | GF | Theresa       |
| 5:45-6:40      | *BootCamp/BodyBump        | G/GF | Dana/Michele V. | 8:00-8:55      | Boot Camp Challenge            | G  | <b>RI-2</b>   |
| 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  | <b>RI-3</b>   |
| 8:30-9:25      | PiYo                      | GF   | Barb            |                |                                |    |               |
| 9:15-9:55      | <b>NEW!! GRIT</b>         | G    | Darlene         |                |                                |    |               |
| 9:30-10:25     | Let's Dance               | GF   | Barb            |                |                                |    |               |
| 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      | <b>NEW!! GRIT</b>         | GF   | Tara/Jamie      |                |                                |    |               |
| 7:35-8:35      | Zumba <b>NEW TIME!!</b>   | GF   | Kristen         |                |                                |    |               |
| Time           | Sunday                    | Rm   | Instructor      |                |                                |    |               |
| 7:15-7:50 AM   | <b>NEW!! GRIT</b>         | GF   | Tara/Dorothy    |                |                                |    |               |
| 8:00-8:50      | 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/Jamie/Tara

**RI-3** Danielle/Ron/Dana/Rosanna

\*Wednesdays 5:45-6:40am Boot Camp May 3, 17 & 31, Jun 14| BodyPump Apr 26 May 10 & 24, Jun 7 & 21

\*\*Thursdays 6:15-7:15pm GRIT Apr 27, May 11 & 25, Jun 8 & 22| P90X May 4 & 18, Jun 1 & 15

\* **NO AGELESS GRACE: 4/28 & 5/19**

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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.

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