Lakeland Hills YMCA
100 Fanny Road
Mountain Lakes, NJ 07046
973-334-2820 / Hot Line 973-334-0091
www.lakelandhillsymca.com

Group Fitness Schedule

Note: For safety reasons and in consideration of other participants, we reserve the right to deny admission to anyone arriving more than 5 minutes after class has begun.

CLASSES SUBJECT TO CHANGE***NO CELL PHONES IN GROUP FITNESS STUDIO**

Summer 2008

June 23rd to Aug. 17th

Revised 6/16/2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-6:45 AM Yogalaties Anne Marie	5:45-6:30 AM Pilates Plus Michelle.	6:00-6:45 AM Intense Circuit Challenge (G) Nina	5:45-6:30 AM Sport Yoga Michelle	6:00-6:45 AM Yogalaties Anne Marie	**KEY** Unless noted, all classes held in Group Fitness Studio (G) Gym (L) Lobby (P) Program Room (S) Scribner Room (W) Weight & Fitness Center	
7:45-8:45 Yoga Peg	7:00-7:50 Yoga Lourdes	7:00-7:50 Yoga Lourdes	7:45-8:45 Yoga Pat			
	8:00-8:55 Cardio-Sculpt Michelle	8:00-8:45 Zumba Salma/ Cathie				
		8:50-9:10 Awesome Abs & Back Barb		8:30-9:25 AOA Strength & Stability Pat	8:00-9:00 AM Intense Circuit Challenge (G) Denise/ Lisa/Lori/ Rich/Tiffiny	
9:15-10:10 Cardio-Sculpt Felicia	9:15-10:25 Intense Circuit Challenge Lisa	9:15-10:25 Cardio-Kickboxing/ Stretch Barb	9:15-9:55 Step Barb	9:30-10:15 Zumba Cathie	9:00-9:45 Yogalaties (S) Pat /Sandie	9:30-10:30 AM Yoga Phil/ Lourdes
10:30-11:30 "Mixed Method" Pilates/Bosu Training Felicia	10:30-11:10 Power Yoga Eric	10:30-11:30 "Mixed Method" Pilates/Bosu Training Felicia	10-11:10 Strength & More Anne Marie	10:30-11:25 Yoga Peg		
	11:15-12 Yoga Eric		11:15-12 Yoga Shannon	11:30-12:30 Senior Fitness Peg **1st of month Chair Yoga**		
5:15-6:10 PM Yogalaties Michelle		5-5:45 PM Yoga Ruth	6-6:40 PM Cardio Kickboxing Barb			
6:30-7:30 Intense Circuit Challenge Beckie	6:15-6:55 PM Strength & More Janet	6-7:30 Extended Step Donna	6:45-7:25 Strength & More Barb	6-7 Zumba Danielle/ Salma	**Morristown Memorial Hospital/Atlantic Health System will be at the YMCA for the following screenings:** Tues, Jun 24th – Skin Cancer - FREE Thurs, July 10th – Respiratory - FREE Thurs, Aug. 7th – Bone Density - $10 Turn over for time or pick up flyer for more details. **NO CLASSES OR BABYSITTING FRI, JULY 4TH - Open 7 AM – 4 PM**	
7:30-8:30 Yoga Ruth	7-8 Cardio-Kickboxing Danielle		7:30-8:30 Yoga Laura			