

**FANWOOD-SCOTCH PLAINS YMCA  
GROUP EXERCISE SCHEDULE**



**Spring 2 April 25 - June 26, 2022**

Schedule through Acuity Scheduling, [fspymca.as.me](http://fspymca.as.me)

<b>MONDAY</b>			
Class	Time	Instructor	Location
Strength Train Tog.	9:00am	Jennifer	Gym
Yoga	10:00am	Ann	MP 1,2
Enhanced Level 2	10:15am	Liz	Gym
Enhanced Level 1 (chair)	11:15am	Liz	MP 1,2
**Pilates	12:15pm	Sheri	MP 1,2

<b>TUESDAY</b>			
Class	Time	Instructor	Location
Box Strong	6:45am	Jennifer	Gym
Cycle	9:00am	Shayna	MP 1,2
Step	9:00am	Tina	Gym
Core Strength	10:00am	Tina	Gym/Virtual
Parkinsons	10:00am	Catherine	MP 1,2
Chair Yoga	10:00am	Janna	Studio
Gentle Strength	11:15am	Catherine	Gym/Virtual
Strength Train Tog.	6:30pm	Laura	Gym
Yoga	7:30pm	Janna	Studio

<b>WEDNESDAY</b>			
Class	Time	Instructor	Location
Cycle	6:15am	David	MP1,2
Strength Train Tog.	9:00am	Shayna	Gym
LaBlast	10:15am	Tina	Gym
Enhanced Mixed Level	11:15am	Shayna	Gym
Yoga	5:00pm	Linda	MP1,2
Barre	6:00pm	Nicole	Studio
Zumba	8:00pm	Lila	MP1,2

\*Schedules subject to change

<b>THURSDAY</b>			
Class	Time	Instructor	Location
Yoga	8:45am	Ann	MP 1,2
Defend Together	9:00am	Jennifer	Gym
Core Strength	10:00am	Tina	Gym/Virtual
Parkinsons	10:00am	Cat	MP 1,2
Chair Yoga	10:00am	Roberta	Studio
Gentle Strength	11:15am	Roe	Gym/Virtual
Pilates/Yoga	12:15pm	Sheri	MP 1,2
Line Dancing	6:00pm	David A.	MP 1,2
Strength Train Tog.	6:30pm	Laura	Gym

<b>FRIDAY</b>			
Class	Time	Instructor	Location
Cycle	6:30am	Jennifer	MP 1,2
HIIT	9:15am	Shayna	Gym
Barefoot Fusion	10:15am	Shayna	Studio
LaBlast	10:15am	Tina	Gym

<b>SATURDAY</b>			
Class	Time	Instructor	Location
Cycle	7:30am	Tali	MP 1,2
Defend Together	9:00am	Cathy	Gym
Yoga	9:15am	Janna	Community Room

<b>Sunday</b>			
Class	Time	Instructor	Location
Cycle	8:00am	David	MP 1,2

\*\*Pilates on Mondays will be starting 5/2