

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



| MONDAY | | | |
|--------------------------|---------|------------|-------------|
| Class | Time | Instructor | Location |
| Cycle (45) | 6:15am | David | Lower Level |
| Strength Train Tog. (60) | 9:00am | Martha | MP 1,2 |
| Yoga (60) | 10:00am | Ann | Lower Level |
| Enhanced Level 2 (45) | 10:15am | Liz | MP 1,2 |
| Enhanced Level 1 (45) | 11:15am | Liz | MP 1,2 |
| Pilates (45) | 12:15pm | Sheri | Lower Level |
| Meditation (30) | 5:30pm | Blase | Lower Level |
| Restorative Yoga (60) | 6:15pm | Michele | Lower Level |
| Total Body (45) | 6:15pm | Cat | MP 1,2 |
| Zumba (45) | 7:15pm | Lila | Gym 2 |

| TUESDAY | | | |
|-----------------------------|---------|------------|-----------------|
| Class | Time | Instructor | Location |
| Power (45) | 6:30am | Jennifer | MP 1,2 |
| Cycle (45) | 9:00am | Alan | Lower Level |
| Step (45) | 9:00am | Tina | MP 1,2 |
| Core Strength (60) | 10:00am | Tina | MP 1,2 |
| Parkinsons (60) | 10:00am | Cat | Upstairs Studio |
| Chair Yoga (45) | 10:00am | Ann | Lower Level |
| Gentle Strength (45) | 11:15am | Cat | MP 1,2 |
| Yoga (45) | 12:15pm | Roberta | Lower Level |
| Pilates (45) | 5:00pm | Sheri | Lower Level |
| Strength Train Tog. (60) | 6:30 PM | Laura | MP 1,2 |
| Yoga (60) | 7:00pm | Gail | Lower Level |
| Bollywood Cardio Dance (45) | 7:00pm | Sonal | Upstairs Studio |

| WEDNESDAY | | | |
|------------------------------|---------|------------|-------------|
| Class | Time | Instructor | Location |
| Cycle Fusion (60) | 6:30am | Alan | Lower Level |
| Yoga Express Power Flow (45) | 8:30am | Gail | Lower Level |
| Strength Train Tog. (60) | 9:00am | Martha | MP 1,2 |
| HIIT Core Fusion (60) | 9:15am | Gail | Lower Level |
| LaBlast (45) | 10:15am | Tina | MP 1,2 |
| Enhanced Mixed Level (45) | 11:15am | Liz | MP 1,2 |
| Pilates (45) | 12:15pm | Sheri | Lower Level |
| Yoga (60) | 5:00pm | Jen C | Lower Level |
| Barre (45) | 6:15pm | Gail | Lower Level |
| Zumba (45) | 7:15pm | Karen | Gym 2 |

*Schedules subject to change

4/1/24 thru 4/28/24

Schedule through Acuity Scheduling, fspymca.as.me

| THURSDAY | | | |
|------------------------------|---------|------------|-----------------|
| Class | Time | Instructor | Location |
| Yoga (60) | 8:45am | Ann | Lower Level |
| Defend Together (60) | 9:00am | Jennifer | MP 1,2 |
| Core Strength (60) | 10:00am | Tina | MP 1,2 |
| Parkinsons (60) | 10:00am | Jim | Upstairs Studio |
| Chair Yoga (45) | 10:00am | Roberta | Lower Level |
| Gentle Strength (45) | 11:15am | Roe | MP 1,2 |
| Family Stretch and Tone (45) | 5:00pm | Milton | Upstairs Studio |
| Strength Train Tog. (60) | 6:30pm | Laura | MP 1,2 |
| Yoga (60) | 7:30pm | Roberta | Lower Level |

| FRIDAY | | | |
|----------------------------------|---------|------------|-------------|
| Class | Time | Instructor | Location |
| Cycle (45) | 6:30am | Andy | Lower Level |
| Strength Train pop up April (60) | 9:00am | Cathy | MP1,2 |
| Barefoot Fusion (45) | 10:00am | Roberta | Lower Level |
| LaBlast (45) | 10:15am | Tina | MP 1,2 |
| Restorative Yoga (60) | 11:15am | Michele | Lower Level |

| SATURDAY | | | |
|----------------------|--------|------------|-------------|
| Class | Time | Instructor | Location |
| Cycle (45) | 7:30am | Tali | Lower Level |
| Zumba (45) | 8:00am | Lila | MP 1,2 |
| Defend Together (60) | 9:00am | Cathy | MP 1,2 |
| Yoga (60) | 9:15am | Sharon | Lower Level |

| SUNDAY | | | |
|-------------------|--------|------------|-----------------|
| Class | Time | Instructor | Location |
| Cycle (45) | 8:00am | David | Lower Level |
| Zumba (45) | 9:00am | Sophia | MP 1,2 |
| Family Zumba (45) | 2:00pm | Sophia | Upstairs Studio |