



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

4/29/24 thru 6/2/24
Schedule through Acuity Scheduling, fspymca.as.me

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

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 Tog. (60)	9:00am	Cathy	MP 1,2
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

*Schedules subject to change