

GROUP FITNESS SCHEDULE

MAY 2017

MONDAY

5:45 - 6:30	Cycle YB *	Mary Tomaino.....4
8:30 - 9:25	Power Yoga	Marisa Christmas.....2
8:30 - 9:15	Cycle YB *	Mary Tomaino.....4
8:30-9:20	Cardio Dance	Sue Alexander.....1
8:30- 9:20	Cardio Strength	Cindy Puleo.....YB Zone
9:30 - 10:15	Step Fusion	Cindy Puleo.....YB Zone
9:30 - 10:15	Knockout	Bonnie Galorenzo..... 1
9:30 - 10:15	Mat Pilates Express	Robin Brody.....2
10:30 - 11:15	Body Definition	Bonnie Galorenzo..... 1
5:45 - 6:30	Boot Camp	Holly Clark-Emery..... 1
6:00 - 6:45	Mat Pilates Express	Robin Brody.....2
6:30 - 7:15	Cycle YB *	Tom D'Aloisio.....4
6:30 - 7:15	Cardio Step Dance	Sue Alexander..... 1
7:30 - 8:30	Body Pump™	Al Williams.....1

TUESDAY

5:45 - 6:45	Sculpt	Lisa Shapiro.....
8:35 - 9:20	Cycle YB	Tom D'Aloisio.....4
8:30- 9:15	Heated Strength	Olimpia Garruto.....2
8:30 - 9:20	BARRE DYNAMIC *	Michal Efron.....1
9:30 - 10:15	ASSETS	Olimpia Garruto.....YB Zone
9:30 -10:30	Mat Pilates	Rosanne Kilkowski.....2
9:30 - 10:30	Body Pump Intervals	Bonnie Galorenzo.....1
10:30 - 11:00	Gut and Butt	Bonnie Galorenzo.....1
5:45- 7:00	Vinyasa Yoga	Marisa Christmas.....2
6:00 - 6:45	TABATA	Patrick Lee.....1
6:30 - 7:15	YB BOUNCE	Tom DALoisio.....YB Zone
6:30 - 7:30	Cycle YB *	Mary Marchese..... 4
6:45- 7:30	BARRE DYNAMIC*	Holly Emery- Clark.....1

WEDNESDAY

5:45 - 6:30	Cycle YB *	Mary Tomaino.....4
6:00- 7:00	Open Level Yoga	Fran Scalessa.....2
8:30- 9:15	Cycle YB *	Tom DALoisio.....4
8:30- 9:20	BARRE DYNAMIC *	Jena Karp.....1
9:00- 9:45	TABATA	Debra Karat.....YB Zone
9:30 - 10:30	DYNAMIC Core & Flexibility	Michal Efron.....1
9:30 - 10:15	Cycle YB*	Bonnie Galorenzo.....1
9:30 - 10:45	Vinyasa Yoga	Rachel Mendes.....2
6:00-6:45	Bootcamp	Michelle Leonardis.....YB Zone
6:00- 6:45	Mat Pilates	Rachel Mendes.....2
6:15 - 7: 30	Cycle YB Polar GX *	Elaine Rodrigues.....4 Polar registration 6:15 - 6:00 pm
6:30 - 7:30	Zumba®	Amy Shtafman.....1
7:30 - 8:30	Body Pump™	Julian Reyes.....1

GROUP FITNESS SCHEDULE

MAY 2017

THURSDAY

5:45 - 6:30	Sculpt	Michelle Leonardis.....1
8:30 - 9:20	Cycle YB *	Cindy Puleo.....4
8:30 - 9:20	BARRE DYNAMIC *	Jena Karp.....1
8:30 - 9:30	Align and Define	Rosanne Kilkowski.....2
9:00 - 9:45	YB Bounce	Tom D'Aloisio.....YB Zone
9:30 - 10:15	Cardio Strength	Cindy Puleo.....1
9:30 - 10:30	Hatha Yoga	Reina Tendler2
10:30 - 11:15	Strength and Length	Michal Efron.....1
4:30 - 5:20	Body Sculpt	Sue Alexander.....1
6:00 - 7:15	Vinyasa Yoga	Lori Lewis.....2
6:30 - 7:30	Cycle YB *	Al Williams.....4
6:30 - 7:15	TABATA	Dori D'Aloisio.....1
7:30 - 8:15	Athletic Training Camp	Mary Sheerin.....1

FRIDAY

5:45 - 6:30	Cycle YB *	Bonnie Galorenzo.....4
5:50 - 6:30	Pilates Fusion	Rosanne Kilkowski.....1
6:30 - 7:00	Bounce YB *	Tom D'Aloisio.....YB Zone
8:00 - 9:15	Iyengar Yoga	Fran Scalessa.....2
8:35 - 9:20	Cycle YB *	Tom D'Aloisio.....4
8:35-9:25	Step Fusion	Holly Clark-Emerly.....YB Zone
8:45 - 9:30	TABATA	Debra Karat.....1
9:30 - 10:30	Mat Pilates	Rosanne Kilkowski.....2
9:30 - 10:15	Kardio Kickboxing	Bonnie Galorenzo.....1
10:30 - 11:00	Gut and Butt	Bonnie Galorenzo.....1

YB FITNESS CLUB HOURS

Club Hours:

Mon - Thurs: 5:00 AM - 10:30 PM
 Friday: 5:00 AM - 9:30 PM
 Sat & Sun: 7:00 AM - 7:00 PM

Child Care Hours:

M: 7:30 AM-1:30 PM & 4:00 PM - 9:00 PM
 T: 7:30 AM-1:30 PM & 3:45 PM - 9:00 PM
 W: 7:30 AM-1:30 PM & 3:45 PM - 9:00 PM
 TH: 7:30 AM-1:30 PM & 3:45 PM - 9:00 PM
 F: 7:30 AM-12:00 PM
 S/S: 7:30 AM-1:00 PM

SATURDAY

7:30 - 8:15	Cycle YB *	Tom D'Aloisio.....4
8:00 - 8:45	Mat Pilates Express	Robin Brody.....2
8:00 - 8:45	Cardio Dance	Sue Alexander.....1
8:30 -9:00	YB Bounce	Bonnie / Claudia.....YB Zone
9:00 - 9:50	BARRE DYNAMIC *	Jena Karp.....1
9:00 - 10:00	Cycle YB *	Elaine Rodrigues.....4
9:00 - 9:45	Cross Train Challenge	Mary Marchese.....YB ZONE
9:00 - 10:15	Power Yoga	Lori Lewis.....2
10:00-10:45	Cycle YB	Mary Marchese.....4
10:00 - 11:00	Body Pump™	Al Williams.....1

SUNDAY

7:30 - 8:15	Cycle YB *	Tara Cantagallo.....4
8:00 - 9:15	Vinyasa Yoga	Tamara Ivankova.....2
8:30 - 9:30	Sculpt	Lisa Shapiro.....1
9:00 - 10:00	Cycle YB *	Tom D'Aloisio.....4
9:30 - 10:30	Vinyasa Yoga	Rachel Mendes.....2
9:30 - 10:30	Shed Sweat & Strengthen	Lisa Shapiro.....1
10:30 - 11:30	Body Pump	Julian Reyes.....1
12:00 - 12:45	Zumba®	Amy Shtafman.....1



750 Morris Turnpike
 Short Hills NJ 07078
 Phone#(973) 218-9100
 Fax#(973) 218-9110
 www.ybfitness.com

Classes and instructors are subject to last minute changes.

Our Cycle YB bike pedals are SPD compatible.

Cell Phones, Ipods, I pads are not permitted in Group Fitness classes.

Class descriptions are available at the reception desk.

*REGISTER AT THE FRONT DESK

TICKET REQUIRED FOR CLASS

Cycle YB & Bounce YB classes MUST Pick up a ticket at the reception desk.

1=group fitness studio 1 - main level
 2=mind/body studio 2 - lower level
 4= YB Cycle Studio- main level
 BX=boxing studio - lower level