

GROUP FITNESS SCHEDULE

SEPTEMBER 2015

MONDAY

5:45 - 6:30	Cycle YB	Mary Tomaino.....4
8:00 - 9:15	Hatha Vinyasa Yoga	Fran Scalessa.....2
8:30 - 9:15	Cycle YB	Mary Tomaino.....4
8:30 - 9:30	Body Definition	Bonnie Galorezo.....1
9:30 - 10:15	Cycle YB	Sandra Davis.....4
9:30 - 10:30	Kardio Kickbox	Bonnie Galorezo.....1
9:30 - 10:15	Mat Pilates Express	Robin Brody.....2
10:30 - 11:00	Core Strength	Bonnie Galorezo.....1
12:30 - 1:30	Sculpt	Holly CLark-Emery.....1
5:30 - 6:30	Boot Camp	Holly Clark-Emery.....1
6:00 - 6:45	Mat Pilates Express	Robin Brody.....2
6:30 - 7:15	Cycle YB	Chaya Rosenberg.....4
6:30 - 7:15	Just Dance	Carlos Arias.....1
7:30 - 8:30	Body Pump™	Al Williams.....1

TUESDAY

5:45 - 6:45	Sculpt	Lisa Shapiro.....1
6:00 - 6:45	Core Cycle YB	Tommy Riepel.....4
7:45 - 9:00	Iyengar Yoga	Joni Wellness.....2
8:30 - 9:15	Cycle YB	Tom D'Aloisio.....4
8:30 - 9:30	BARRE DYNAMIC	Michal Efron.....1
9:30 - 10:15	Cycle YB	Robin Brody.....4
9:30 -10:30	Mat Pilates	Rosanne Kilkowski.....2
9:30 - 10:30	B Fierce	Bonnie Galorezo.....1
10:30 - 11:00	Bounce YB+Abs *	Bonnie Galorezo.....1
10:30 - 11:45	Kundalini Yoga	Reina Tandler.....2
4:45 - 5:30	Deep Definition	Carlos Arias.....1
5:30 - 6:30	Kardio Kickbox	Carlos Arias.....1
6:30 - 7:30	Ashtanga Yoga	Ellen Kaplow.....4
6:30 - 7:30	BARRE DYNAMIC	Michal Efron.....1
6:30 - 7:30	Cycle YB	Al Williams.....4
7:30 - 8:15	Bounce YB *	Tom D'Aloisio.....1

WEDNESDAY

5:45 - 6:45	Cycle YB	Yvonne Bazile.....4
5:45 - 7:00	Hatha Vinyasa Yoga	Fran Scalessa.....2
8:30 - 9:15	Cycle YB	Sandra Davis.....4
8:30 - 9:30	Cardio Dance	Sue Alexander.....1
9:30 - 10:30	DYNAMIC Core & Flexibility	Michal Efron.....1
9:30 - 10:30	Cycle YB	Bonnie Galorezo.....1
9:30 - 10:45	Vinyasa Yoga	Rachel Mendes.....2
10:30 - 11:15	Bounce YB *	Tom.....9/2 9/16 9/30 Bonniw.....9/9 9/23 Studio.....1
5:30 - 6:30	Focused Strength	Dorothy Chow.....1
6:15 - 7:30	Cycle YB Polar GX	Elaine Rodrigues.....4 Polar registration 6:15 - 6:30
6:30 - 7:45	Open Level Yoga	Tricia Pizzi.....2
6:30 - 7:30	Zumba®	Amy Shtafman.....1
7:30 - 8:30	Body Pump™	Julian Reyes.....1

GROUP FITNESS SCHEDULE

SEPTEMBER 2015

THURSDAY

5:45 - 6:45	Sculpt	Carlos A / Lisa S.....1
5:45 - 6:30	Cycle YB	Bonnie Galorezo.....1
7:45 - 9:00	Iyengar Vinyasa Strength	Joni Wellness.....2
8:30 - 9:15	Cycle YB	Cindy Puleo.....4
8:30 - 9:30	Define Your Body	Rosanne Kilkowski.....1
9:30 - 10:15	Cycle YB	Tom D'Aloisio.....4
9:30 - 10:30	Cardio Strength	Cindy Puleo.....1
9:30 - 10:30	Hatha Yoga	Reina Tendler.....2
11:00 - 11:30	Dancers Sculpt	Michal Efron.....1
4:30 - 5:30	Drills & Skills	Sue Alexander.....1
5:30 - 6:30	BARRE DYNAMIC	Holly Clark-Emery.....1
6:15 - 7:30	Vinyasa Yoga	Tamara Ivankova.....2
6:30 - 7:30	Cycle YB	Al Williams.....4
6:30 - 7:30	YB Pound	Leah Kamiya.....1
7:30 - 8:30	H.I.I.T.	Olimpia Garruto.....1

FRIDAY

5:45 - 6:30	Cycle YB	Jennifer Murphy.....4
5:50 - 6:30	Pilates Fusion	Rosanne Kilkowski.....1
6:30 - 7:00	Bounce YB *	Tom D'Aloisio.....1
8:00 - 9:15	Iyengar Yoga	Fran Scalessa.....2
8:30 - 9:15	Cycle YB	Tom D'Aloisio.....4
8:30 - 9:30	BARRE DYNAMIC	Gwenn Wierzbicki.....1
9:30 - 10:30	Cycle YB	Mary Tomaino.....4
9:30 - 10:30	Mat Pilates	Rosanne Kilkowski.....2
9:30 - 10:30	Kardio Kickbox	Bonnie Galorezo.....1
10:30 - 11:30	Garuda®	Gwenn Wierzbicki.....2
10:30 - 11:30	Bounce / Sculpt YB *	Bonnie Galorezo.....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-1:00 PM & 4:00 PM - 8:00 PM

SATURDAY

7:30 - 8:30	Cycle YB	Tara Cantagallo.....4
8:00 - 8:45	Mat Pilates Express	Robin Brody.....2
8:00 - 8:45	Bounce YB *	Tom D'Aloisio.....1
9:00 - 10:00	BARRE DYNAMIC	Holly Clark-Emery.....12 th Michal Efron.....19 th Holly Clark-Emery.....26 th Studio.....1
9:00 - 10:00	Cycle YB	Elaine Rodrigues.....4 Extended ride on 9/12- 90 min!
9:00 - 10:15	Ashtanga Power Yoga	SallyNarkis.....2
10:00 - 11:00	Body Pump™	Al Williams.....1
10:30 - 11:45	Alter Yoga	Jhon Velasco.....2
11:15 - 12:15	Latin X-Plosion	Carlos Arias.....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 - 10:45	Vinyasa Yoga	Rachel Mendes.....2
9:30 - 10:30	Cardio Cross Challenge	Lisa Shapiro.....1
10:30 - 11:30	Body Pump	Michael Melango.....1
12:00 - 1:00	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

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=spinning room - lower level
 BX=boxing studio - lower level
 MA=martial arts studio - main level