

GROUP FITNESS SCHEDULE

OCTOBER 2017

MONDAY

5:45 - 6:30	Cycle YB *	Mary Tomaino.....4
8:30 - 9:25	Power Yoga	Hallie Levy.....2
8:30 - 9:15	Cycle YB *	Heidi Heath.....4
8:30-9:20	Cardio Dance	Sue Alexander.....1
8:30- 9:20	Cardio Strength	Cindy Puleo.....YB Zone
9:30 - 10:15	Cycle Fusion YB	Cindy Puleo.....4
9:30 - 10:15	Knockout	Bonnie Galoreno..... 1
9:30 - 10:15	Mat Pilates Express	Robin Brody.....2
10:30 - 11:15	Body Definition	Bonnie Galoreno..... 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 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 *	Liza Gambello.....1
9:30 - 10:15	H.I.I.T	Olimpia Garruto.....YB Zone
9:30 -10:30	Mat Pilates	Rosanne Kilkowski.....2
9:30 - 10:30	Body Pump Intervals	Bonnie Galoreno.....1
10:30 - 11:00	Bounce and Butt	Bonnie Galoreno.....YB STUDIO
5:45- 7:00	Vinyasa Yoga	Marnie Becker.....2
6:00 - 6:45	TABATA	Patrick Lee.....1
6:30 - 7:15	YB BOUNCE	Biola Akoh.....YB Zone
6:30 - 7:30	Cycle YB *	Mary Marchese..... 4
6:45- 7:30	BARRE DYNAMIC*	Kathy Donavan.....1

WEDNESDAY

5:30-6:20	BARRE DYNAMIC	Nicole Docx.....1
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	BARRE DYNAMIC	Jamie Greer.....1
9:30 - 10:15	Cycle YB*	Bonnie Galoreno.....1
9:30 - 10:45	Vinyasa Yoga	Rachel Mendes.....2
6:00- 6:45	Mat Pilates	Rachel Mendes.....2
6:30 - 7: 30	Cycle YB	Elaine Rodrigues.....4
6:00 - 7:00	Zumba®	Amy Shtafman.....1
7:00 - 8:00	Body Pump™	Rick Holloway.....1

GROUP FITNESS SCHEDULE

OCTOBER 2017

THURSDAY

8:30 - 9:20	Cycle YB *	4
Cindy Puleo.....		
8:30 - 9:20	BARRE DYNAMIC *	1
Jena Karp.....		
8:30 - 9:30	Align and Define	2
Rosanne Kilkowski.....		
9:00 - 9:45	YB Bounce	4
Tom D'Aloisio.....YB Zone		
9:30 - 10:15	Cardio Strength	1
Cindy Puleo.....		
9:30 - 10:30	Hatha Yoga	2
Reina Tendler.....		
10:30 - 11:30	Body Pump	1
Biola Akoh.....		
BARRE DYNAMIC		
5:30 - 6:20		1
Jamie Greer.....		
6:00 - 7:15	Vinyasa Yoga	2
Lori Lewis.....		
6:30 - 7:30	Cycle YB *	4
Al Williams.....		
TABATA		
6:30 - 7:15		1
Dori D'Aloisio.....		
7:15 - 8:00	H.I.I.T	YB ZONE
Mary Sheerin.....		

FRIDAY

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

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

SUNDAY

7:30 - 8:15	Cycle YB *	4
Tara Cantagallo.....		
8:00 - 9:15	Vinyasa Yoga	2
Lori Lewis.....		
8:30 - 9:30	Sculpt	1
Lisa Shapiro.....		
8:30-9:50	Sport Conditioning	YB ZONE
Jamie Greer.....		
9:00 - 10:00	Cycle YB *	4
Tom D'Aloisio.....		
9:30-10:30	BARRE DYNAMIC	1
Liza Gambello / Jamie Greer.....		
9:30 - 10:30	Vinyasa Yoga	2
Rachel Mendes.....		
9:30 - 10:30	Shed Sweat & Strengthen	YB ZONE
Lisa Shapiro.....		
10:30 - 11:30	Body Pump	1
Denise Castro.....		
12:00 - 12:45	Zumba®	1
Amy Shtafman.....		



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 Short Hills NJ 07078
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 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