

# GROUP FITNESS SCHEDULE

JULY 2<sup>ND</sup> THROUGH JULY 8<sup>TH</sup> HOLIDAY WEEK

## MONDAY - JULY 2<sup>ND</sup> 5 am -8 pm

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	BARRE DYNAMIC	
Cindy Puleo.....		1
9:30 - 10:15	Cardio Strength	
Cindy Puleo.....		1
6:30 - 7:15	Cycle YB *	
Tom D'Aloisio.....		4
6:30 - 7:15	Creative Sculpt	
Sue Alexander.....		1

## TUESDAY- JULY 3<sup>rd</sup> 5 am - 3 pm

5:45 - 6:45	Sculpt	
Heidi Heath.....		1
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.....		
9:30 -10:30	Mat Pilates	
Rosanne Kilkowski.....		2
9:30 - 10:30	TABATA	
Dori D'Aloisio.....		1

## WEDNESDAY-JULY 4<sup>th</sup> 7 am -12 pm

8:30- 9:15	Cycle YB *	
Tom DAloisio.....		4
8:30 - 9:25	Vinyasa Yoga	
Hallie Levy.....		2
8:30- 9:30	TABATA	
Dori D'Aloisio.....		1
9:30 - 10:30	KICKBOXING INTERVALS	
Flora Sugarman.....		1

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JULY 2<sup>ND</sup> THROUGH JULY 8<sup>TH</sup> HOLIDAY WEEK

## THURSDAY- JULY 5<sup>th</sup> 5 am- 8 pm

8:30 - 9:20 Cycle YB \*  
Bonnie Galorenzo.....4

8:30- 9:30 Align and Define  
Rosanne Kilkowski.....2

9:00- 9:45 YB Bounce  
Tom D'Aloisio.....YB Zone

9:30 - 10:30 Hatha Yoga  
Reina Tendler .....2

6:00 - 7:15 Vinyasa Yoga  
Lori Lewis.....2

6:30- 7:15 TABATA  
Dori D'Aloisio.....1

## FRIDAY-JULY 6<sup>th</sup> 5 am- 8 pm

5:50 - 6:30 Sculpting  
Adrien Jean.....1

8:35 - 9:20 Cycle YB \*  
Tom D'Aloisio.....4

8:45 -9:30 Step Fusion  
Holly Clark-Emery.....YB Zone

8:45- 9:30 TABATA  
Debra Karat.....1

9:30 - 10:30 Mat Pilates  
Maryann Levinson.....2

9:30 - 10:15 Kardio Kickboxing  
Bonnie Galorenzo.....1

## SATURDAY-JULY 7<sup>th</sup> 7 am- 7 pm

7:30 - 8:15 Cycle YB \*  
Tom D'Aloisio.....4

8:30 - 9:30 Vinyasa Yoga  
Lori Lewis.....2

8:15 -9:00 Bounce Tabata  
Dori D'Aloisio.....YB Zone

9:00- 9:50 BARRE DYNAMIC \*  
Kathy Donovan.....1

9:00 - 9:50 Cycle YB \*  
Elaine Rodrigues.....4

9:15- 10:15 Cross Train Challenge  
Dori D'Aloisio.....YB ZONE

9:30 - 10:30 Power Yoga  
Hallie Levy.....2

10:00 - 11:00 Body Pump™  
Al Williams.....1

## SUNDAY-JULY 8<sup>th</sup> 7 am- 7 pm

7:30 - 8:15 Cycle YB \*  
Tara Cantagallo.....4

8:00 - 9:15 Vinyasa Yoga  
Tamara Ivanka.....2

9:00 - 10:00 Cycle YB \*  
Tom D'Aloisio.....4

9:30-10:30 BARRE DYNAMIC  
Kathy Donovan.....1

9:30 - 10:30 Vinyasa Yoga  
Rachel Mendes.....2

10:30 - 11:30 Kickboxing Intervals  
Flora Sugarman.....1

12:00 - 12:45 Zumba®  
Amy Shtafman.....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

**YB**

**FITNESS**

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