

GROUP FITNESS SCHEDULE

JULY 2018

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 Galorezo..... 1
9:30 - 10:30	Mat Pilates Express	Rachel Mendes.....2
10:30 - 11:15	Body Definition	Bonnie Galorezo..... 1
6:00 - 6:45	Mat Pilates Express	MarySue Fisher2
6:30 - 7:15	Cycle YB *	Tom D'Aloisio.....4
6:30 - 7:15	Creative Sculpt	Sue Alexander.....1
7:30 - 8:30	Body Pump™	Al Williams.....1

TUESDAY

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.....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 Galorezo.....1
10:30 - 11:00	Boogie Bounce	Bonnie Galorezo.....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

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- 9:30	Vinyasa Yoga	Hallie Levy.....2
8:30- 9:20	BARRE DYNAMIC *	Liza Gambello.....1
9:00- 9:45	TABATA	Dori D'Aloisio.....YB Zone
9:30 - 10:15	Cycle YB*	Bonnie Galorezo.....1
9:30 - 10:45	Vinyasa Yoga	Rachel Mendes.....2
6:00- 7:00	Mat Pilates	Rachel Mendes.....2
6:00 - 7:00	Zumba®	Amy Shtafman.....1
6:30 - 7: 30	Cycle YB	Elaine Rodrigues.....4
7:00 - 8:00	Body Pump™	Rick Holloway.....1

GROUP FITNESS SCHEDULE

JULY 2018

THURSDAY

5:45 - 6:30	Sculpting	Michelle Leonardis.....1
8:30 - 9:20	Cycle YB *	Dori D'Aloisio.....4
8:30 - 9:20	BARRE DYNAMIC *	Cindy Puleo.....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 - 11:30	Body Pump	Biola Akoh.....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
7:15 - 8:00	H.I.I.T	Mary Sheerin.....1

FRIDAY

5:50 - 6:30	Sculpting	Adrien Jean.....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
8:45 - 9:30	Step Outside	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
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
8:30 - 9:30	Vinyasa Yoga	Lori Lewis.....2
8:00 - 8:45	Zumba	Amy Shtafman.....1
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	Mary Marchese.....YB ZONE
9:30 - 10:30	Power Yoga	Hallie Levy.....2
10:15 - 11:00	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 Ivanka.....2
8:30 - 9:30	Sculpt	Biola Akoh.....1
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
9:30 - 10:30	Shed Sweat & Strengthen	Biola Akoh.....YB ZONE
10:30 - 11:30	Kickboxing Intervals	Flora Sugarman.....1
12:00 - 12:45	Zumba®	Amy Shtafman.....1



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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, Ipads 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