

# GROUP FITNESS SCHEDULE

JANUARY 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 - 10:15	Mat Pilates Express	Robin Brody.....2
10:30 - 11:15	Body Definition	Bonnie Galorezo..... 1
6:00 - 6:45	Mat Pilates Express	MarySue Fisher .....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	Michele Leonardis.....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	Bounce and Butt	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
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 Galorezo.....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

JANUARY 2018

## THURSDAY

5:45 - 6:30	Sculping	Michele 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 Tendler .....2
10:30 - 11:30	Body Pump	Biola Akoh.....1
5:30 - 6:20	BARRE DYNAMIC	Jamie Greer.....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.....YB ZONE

## FRIDAY

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
8:45-9:30	Step Fusion	Holly Clark-Emery.....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 -9:15	Bounce Tabata	Dori D'Aloisio.....YB Zone
9:00 - 9:50	BARRE DYNAMIC *	Jena Karp.....1
9:00 - 9:50	Cycle YB *	Elaine Rodrigues.....4
9:15 - 10:15	Cross Train Challenge	Mary Marchese.....YB ZONE
9:00 - 10:15	Power Yoga	Lori Lewis.....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	Lori Lewis.....2
8:30 - 9:30	Sculpt	Biola Akoh.....1
8:30-9:50	Sport Conditioning	Jamie Greer.....YB ZONE
9:00 - 10:00	Cycle YB *	Tom D'Aloisio.....4
9:30-10:30	BARRE DYNAMIC	Jamie Greer.....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	Body Pump	Denise Castro.....1
12:00 - 12:45	Zumba®	Amy Shtafman.....1



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 Short Hills NJ 07078  
 Phone#(973) 218-9100  
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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