

# GROUP FITNESS SCHEDULE

JANUARY 2019

## 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 *	Nora Long.....4
8:30- 9:20	Cardio Strength	Cindy Puleo.....1
8:30-9:25	BODY COMBAT	Valerie Flax.....YB Zone
9:30 - 10:15	Barre Fusion	Cindy Puleo.....YB Zone
9:30 - 10:15	Knockout	Bonnie Galorenzo.....1
9:30 - 10:30	Mat Pilates Express	Rachel Mendes.....2
10:30 - 11:15	Body Definition	Bonnie Galorenzo.....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	Creative Sculpt	Sue Alexander.....1
7:30 - 8:30	Body Pump™	Al Williams.....1

## TUESDAY

5:45 - 6:45	Mat Pilates	Sowmiya.....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 Galorenzo.....1
10:30 - 11:00	Boogie Bounce	Bonnie Galorenzo.....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
6:45- 7:45	BARRE DYNAMIC	Holly Clark .....1
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 - 9:25	BARRE DYNAMIC	Jenna Karp.....1
8:30 - 9:25	Vinyasa Yoga	Hallie Levy.....2
8:45 - 9:30	TABATA	Debra Karrat.....YB Zone
9:30 - 10:30	CARDIO DANCE	Sue Alexander.....1
9:30 - 10:15	Cardio Strength	Tom D'Aloisio.....YB Zone
9:30 - 10:15	Cycle YB*	Bonnie Galorenzo.....4
9:35 - 10:20	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™	Biola Akoh.....1

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JANUARY 2019

## THURSDAY

5:45 - 6:30	Sculpting	Michelle Leonardis.....1
8:30 - 9:20	Cycle YB *	Cindy Puleo.....4
8:30 - 9:20	Cardio Barre Conditioning	Jenna Karp.....1
8:30 - 9:30	Align and Define	Rosanne Kilkowski.....2
8:45 - 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
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

## FRIDAY

5:45 - 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

## SATURDAY

7:30 - 8:15	Cycle YB *	Tom D'Aloisio.....4
8:15 - 9:00	Bounce Tabata	Dori D'Aloisio.....YB Zone
8:30 -9:25	Vinyasa Yoga	Lori Lewis.....4
9:00- 9:50	BARRE DYNAMIC *	Jenna Karp.....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	Vinyasa Yoga	Rachel Mendes.....2
9:30 - 10:30	Shed Sweat & Strengthen	Biola Akoh.....YB ZONE
10:30 - 11:30	Body Pump	Rick Holloway.....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



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