

GROUP FITNESS SCHEDULE

APRIL 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 *	Adrien Jean.....4
8:30- 9:20	Cardio Strength	Cindy Puleo.....1
9:30 - 10:20	CYCLE YB FUSION	Cindy Puleo.....4
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 Fisher2
6:30 - 7:15	Cycle YB *	Tom D'Aloisio.....4
6:30 - 7:15	Creative Sculpt	Sue Alexander.....1
7:00- 7:45	ZUMBA Dance Party	Amy Shtafman.....2
7:30 - 8:30	Body Pump™	Al Williams.....1

TUESDAY

5:45 - 6:45	Pilates Fusion	Claudia Lind.....1
8:35 - 9:20	Cycle YB	Tom D'Aloisio.....4
8:30- 9:15	Body Definitions	Olimpia Garruto.....1
8:30 -9:20	Yoga Fusion	Sowmiya.....2
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 Zone
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 Clark1
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
8:30- 9:15	CYCLE YB	Tom D'Aloisio.....4
8:45- 9:30	TABATA	Debra Karrat.....YB Zone
9:30- 10:30	CARDIO DANCE	Sue Alexander.....1
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™	Rick Holloway.....1

GROUP FITNESS SCHEDULE

APRIL 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 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

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.....1
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



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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