

GROUP FITNESS SCHEDULE

SEPTEMBER 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	Biola Akoh.....1
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	Sculpting	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	Gut and Butt	Bonnie Galorenzo.....1
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	Frantastic Yoga	Fran Scalessa.....2
8:30 - 9:25	BARRE DYNAMIC	Jena 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 - 6:50	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

SEPTEMBER 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	Jena Karp.....	1
8:30 - 9:30	Align and Define	Rosanne Kilkowski.....	2
8:45 - 9:45	YB Bounce	Tom D'Aloisio.....	YB Zone 1
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	Linda Blonariz.....	2
6:30 - 7:30	Cycle YB *	Al Williams.....	4
6:30 - 7:15	TABATA	Dori D'Aloisio.....	1

FRIDAY

5:45 - 6:30	Bootcamp	Adrien Jean.....	1
6:30 - 7:00	Bounce YB *	Tom D'Aloisio.....	YB Zone 1
8:00 - 9:15	Frantrastic Yoga	Fran Scalessa.....	2
8:35 - 9:20	Cycle YB *	Tom D'Aloisio.....	4
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	Barre Express	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 4
8:30 - 9:25	Mat Pilates	Sowmiya.....	4
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 4
9:30 - 10:30	Power Yoga	Hallie Levy.....	2
10:00 - 11:00	Body Pump™	Al Williams.....	1
10:15 - 11:15	Ride Du Jour	Mary Marchese.....	4

SUNDAY

7:30 - 8:15	Cycle YB *	Tara Cantagallo.....	4
8:00 - 9:15	Vinyasa Yoga	Tamara Ivanka.....	2
8:30 - 9:30	Sunday's Sculpt & Cardio Challenge	YB All Stars.....	1
9:00 - 10:00	Cycle YB *	Tom D'Aloisio.....	4
9:30 - 10:30	Vinyasa Yoga	Rachel Mendes.....	2
9:30 - 10:30	Body Pump	Rick Holloway.....	1
10:30 - 11:20	Zumba	Amy Shtafam.....	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