

GROUP FITNESS SCHEDULE

MARCH 2020

MONDAY

5:45 - 6:30 Cycle YB *
Mary Tomaino.....4

8:30 - 9:25 Vinyasa Power Yoga Flow
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 Cardio Kickboxing
Bonnie Galorenzo.....1

9:30 - 10:30 Mat Pilates
Rachel Mendes.....2

10:30 - 11:15 Body Definition
Holly Emery Clark.....1

6:00 - 7:00 Mat Pilates
MarySue Fisher2

6:30 - 7:15 Cycle YB *
Dori D'Aloisio.....4

7:00- 7:45 Zumba®
Amy Shtafman.....YB Zone

TUESDAY

8:30 - 9:15 Cycle YB
Danielle Valenzano.....4

8:30 - 9:15 Body Definition
Olimpia Garruto.....1

9:30 - 10:15 Cross Training Challenge
Olimpia Garruto.....YB Zone

9:30 -10:30 Mat Pilates
Rosanne Kilkowski.....2

9:30 - 10:30 YB 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

6:00 - 7:00 Frantrastic Yoga
Fran Scalessa.....2

5:45 - 6:30 Cycle YB *
Mary Tomaino.....4

8:30 - 9:25 Barre Dynamic
Jena Karp.....1

8:30 - 9:25 Vinyasa Power Flow 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 Cycle YB*
Bonnie Galorenzo.....4

9:35 - 10:20 Vinyasa Flow 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

GROUP FITNESS SCHEDULE

MARCH 2020

THURSDAY

5:45 - 6:30	Body Definition	Michelle Leonardis.....1
8:30 - 9:15	Cycle YB *	Lori Bebout.....4
8:30 - 9:20	Barre Dynamic	Jena Karp.....1
8:30 - 9:30	Align and Define	Rosanne Kilkowski.....2
8:45 - 9:45	YB BOUNCE	Claudia Lind.....YB Zone
9:30 - 10:15	Cardio Strength	Holly Emery Clark.....1
9:30 - 10:30	Hatha Yoga	Reina Tendler2
10:30 - 11:15	YB Pump	Biola Akoh.....1

6:00 - 7:15	Vinyasa Flow Yoga	Linda Blonariz.....2
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6:30 - 7:30	Cycle YB *	Al Williams.....4
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6:30 - 7:15	TABATA	Dori D'Aloisio.....1
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7:20 - 8:05	YB Pump (New)	Rick Holloway.....1
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FRIDAY

5:45 - 6:30	Fit Bootcamp	Adrien Jean.....1
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8:00 - 9:15	Frantrastic Yoga	Fran Scalessa.....2
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8:35 - 9:20	Cycle YB *	Adrien Jean.....4
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8:45 - 9:30	TABATA	Debra Karat.....1
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9:30 - 10:30	Mat Pilates	Maryann Levinson.....2
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9:30 - 10:15	Cardio Kickboxing	Bonnie Galorenzo.....1
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10:30 - 11:00	Barre Express	Bonnie Galorenzo.....1
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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 - 8:30 PM
 T: 7:30 AM-1:30 PM & 3:45 PM - 8:30 PM
 W: 7:30 AM-1:30 PM & 3:45 PM - 8:30 PM
 TH: 7:30 AM-1:30 PM & 3:45 PM - 8:30 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
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8:15 - 9:00	YB Bounce & Sculpt	Dori D'Aloisio.....YB Zone
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8:30 - 9:25	Mat Pilates	Sowmiya.....4
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9:00 - 9:50	Barre Dynamic	Jena Karp.....1
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9:00 - 9:50	Cycle YB *	Elaine Rodrigues.....4
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9:15 - 10:15	Cross Train Challenge	Mary Marchese.....YB ZONE
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9:30 - 10:30	Vinyasa Yoga	Linda Blonariz.....2
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10:00 - 11:00	YB Pump	Al Williams.....1
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10:15 - 11:15	Cycle YB*	Mary Marchese.....4
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SUNDAY

7:30 - 8:15	Cycle YB *	Tom D'Aloisio.....4
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8:00 - 9:15	Vinyasa Power Flow Yoga	Rachel / Tamara.....2
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8:30 - 9:15	Cardio Strength	Norah Kartagener.....1
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9:00 - 10:00	Cycle YB *	Tom D'Aloisio.....4
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9:30 - 10:30	Vinyasa Flow Yoga	Rachel / Tamara.....2
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10:30 - 11:30	YB Pump	Rick Holloway.....1
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10:30 - 11:20	Zumba®	Amy Shtafman.....YB Zone
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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, Ipads are not permitted in Group Fitness classes.

Class descriptions are available at the reception desk.

***PLEASE DO NOT ENTER CLASS IF MORE THAN 10 MINUTES LATE !**

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