

GROUP FITNESS CLASSES

Bergen County YJCC

Effective November 2, 2008

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:15am		SPINNING(All) Stephanie		SPINNING(All) Reginald		
8:30am		DIRTY DOZENS(All) Linda	PILATES(All) Liz	Total Tone (All)/Cardio Blast Jen/Elizabeth	CARDIO PILATES(All) Liz	DIRTY DOZENS(All) Linda
9:00am	SPINNING(All) Reginald		YOGA*(All) RM110 Danielle			
9:15am		AQUACISE*(All) Ellen		AQUACISE*(All) Ellen		
		CLUB MIX Linda	Total Tone (All) Ellen	ZUMBA(All)** Missy	DIRTY DOZENS(All) Linda	ZUMBA(All)** Missy
		PILATES(All) RM 110 Alison		PILATES(All) RM 110 Alison		YOGA*(All) RM 110 Danielle
				SPINNING(All) Ray		SPINNING(All) Ray
9:30am			SPINNING(All) Fanni			
9:45am		SPIN & SCULPT (All) Laza				
10:15am	TOTAL TONE(All) Reginald		POWER PILATES(Adv) Alison	ABStraction(All) Linda 45mins		ABStraction(All) Linda 45mins
11:00am			SENIOR AEROBICS		SENIOR AEROBICS	
11:15am	PILATES(All) Reginald					
			EVENING	CLASSES		
4:00pm			Total Tone Laza			
5:30pm						
6:00pm		TOTAL TONE(All) Linda/Ellen				
7:15pm				SPIN & SCULPT (All) Laza	ZUMBA(All)** Bernadette	
7:30pm			ZUMBA(All) Missy	YOGA*(All) Danielle		

*Additional Fee required.**ZUMBA is in auditorium, unless otherwise noted. Schedule is subject to change.
Ellen Davies, Adult Class Coordinator edavies@yjcc.org
201-666-6610 x291