



ACTIVATE AMERICA

YMCA of Eastern Union County, Five Points Branch
201 Tucker Avenue, Union, NJ 07083 908-688-9622

Adult Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45am Senior Action Linda, Gym	7:00-8:15am Yoga Donna, Studio	6:15-7:00am Reebok Cycling Daniela, R of WB	7:00-8:15am Yoga Donna, Studio	9:15-10:15am Firm & Fit Wendy, Studio	8:30-9:30am Body Works Mary Lou, Studio
9:15-10:15am Firm and Fit Wendy, Studio	9:15-10:15am Instructor's Choice Emily, Studio	8:00-9:00am Firm and Fit Wendy, Studio	8:30-9:15am Instructor's Choice Emily, Studio	10:15-11:15am Mat Pilates Wendy, Studio	9:30-10:30am Kickboxing Emily, Studio
10:15-11:15am Mat Pilates Wendy, Studio	9:15-10:15am Arthritis Program Linda, Gym	9:00-9:45am Senior Action Linda, Gym	9:15-10:15am Arthritis Program Linda, Gym	5:15-5:45pm 30 Minute Circuit Gina, Gym	
5:30-6:15pm Zumba Bedcie, Gym	10:15-11:15am Muscle Blaster Emily, Studio	9:00-10:00am Mat Pilates Wendy, Studio	9:15-10:15am Muscle Blaster Emily, Studio	5:15-6:00pm Reebok Cycle Curtis, R of WB	
6:15-7:00pm Cycle Training for the Beginner Chuck, Room of WB	10:30-11:30am Tai Chi Linda, Gym	4:30-5:00pm 30 Minute Circuit Jennifer, Gym	10:30-11:30am Tai Chi Linda, Gym	6:00-7:00pm Yoga Kristen, Gym	
6:15-7:00pm Line Dance (beg) Maria B. Gym	10:30-11:30am Walking Club Lorraine, Bicent. Park	5:00-5:30pm 30 Minute Circuit Jennifer, Gym	10:30-11:30am Walking Club Lorraine, Bicent Park		
6:30-7:30pm Hip Hop Brittany, Studio	11:30am-12:30pm Yoga Kristen, Studio	5:30-6:30pm Kickboxing Emily, Studio	5:00-5:30pm All Abs Kassie, Studio		
7:00-7:45pm Line Dance (adv) Maria B., Gym	5:30-6:15pm Reebok Cycle Curtis, R of WB	7:00-7:30pm Meditation Donna, Room of WB	5:30-6:30pm Interval Kassie, Studio		SUNDAY
7:30-8:30pm Step & Tone Jennifer, Studio	5:30-6:30pm Zumba Bedcie, Studio	7:45-8:30pm Zumba Vivienne, Gym	6:30-7:15pm Boot Camp Daniela, Gym		9:15-10:00am Reebok Cycling Cathy, R of WB
7:45-8:45pm Boot Camp Dave, Gym	Tai Chi 6:30-7:45pm Rick, Room of WB	7:45-9:00pm Yoga Donna, Studio	6:30-7:30pm Zumba Maria M., Studio		
8:30-9:00pm All Abs Jennifer, Studio	Group PT 6:30-7:30pm Kassie, Studio		7:30-8:30pm Mat Pilates Mark, Gym		
	6:30-7:30pm Boot Camp Dave, Gym		7:30-8:30pm Body Blast Emily, Studio		
	7:30-8:30pm Mat Pilates Mark, Gym				
	7:30-8:30pm Zumba Gold Maria M., Studio				

REGISTRATION FOR CYCLE CLASSES IS NO LONGER REQUIRED. CYCLING CLASSES WILL BE ON A 1ST COME 1ST SERVE BASIS. PLEASE GET YOUR TICKET WHEN SCANNING IN. Thank you!

Note: Room of Well Being is upstairs

Remember: Schedule/Instructor Subject To Change

