



Lakeland Hills Family YMCA Fitness Class Schedule June 23 – August 22

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MONDAY

6:00-6:45a - Cycling
C - Anne Marie
7:00-8:00a - Island Beach Yoga
IB - Barb
8:00-8:50a - Strength & More
GF - Emily
9:15-10:00a - Total Body Strength
GF - Emily
9:30-10:15a - Boxing HiIT \$\$
LL - Christy
10:10-11:05a - Cardio Step
GF - Francie
11:00-12:00p - Yoga Open Level
MBS - Donna
11:15-12:15p - Enhance Fitness
GF - Francie \$\$
5:30-6:30p - Gentle Yoga
MBS - Ivette
6:00-6:45p - Cycling
C - Pete
6:35-7:35p - Zumba
GF - Zoe

THURSDAY

5:45-6:30a - Cycling
C - Emily
8:00-9:00a - Yoga Open Level
MBS - Ivette
8:15-9:00a - Cycle Fusion
C & LL - Dawn
9:00-10:00a - Tai Chi Easy
MBA - Mary Beth
9:15-10:10a - Butts & Guts
GF - Dawn
9:30-10:15a - Kettlebells Strength
LL - Christy \$\$
10:00-11:00a - Total Mobility
MBS - Donna
11:15a-12:15p - Yoga Open - Beginner
GF - Linda C
4:00-5:00p - Pilates Reformer
MBS - Barb \$\$
6:00-6:45p - Mat Pilates
MBS - Linda H
6:00-6:45p Cycling
C - Rotation
6:15-7:15p - GF - Zumba
GF - Noreen
7-8P - Yoga Open to Intermediate
MBS - Linda C

TUESDAY

5:45-6:30a - Yoga - all levels
MBS - Barb
6:45-7:45a - Pilates Reformer
MBS - Barb \$\$
8:00-9:30a - Total Mobility
MBS - Donna
9:00-9:45a - Tread & Shred
LL - Colby
9:15-10:00a - Cardio Fusion
GF - Emily
9:45-10:30a - Squats, Slams & Ropes
LL - Christy \$\$
10:00-10:50a - Chair Yoga
MBS - Mary Ellen
10:15-10:50a - Enriched
GF - Donna
11:00a-12:00p - Gentle Yoga
MBS - Linda C
5:30-6:25p - BODYPUMP
GF - Sally
6:00-6:45p - Mat Pilates
MBS - Linda H
6:15-7:00p - Cycling
C - Alicia
6:45-7:45p - CardioBlast
MBS - Sally
6:45-7:45p - Yoga Open+
GF - Stacy

FRIDAY

7:00-8:00a - Island Beach Yoga
IB - Mary Ellen
8:00-9:00a - Cycling
C - Pete
9:00-9:45a - Forever Fit
MBS - Peggy
9:15-9:45a - Functional Strength
GF - Christy
10:15-11:00a - Balanced Body
GF - Donna
11:15a-12:15p - Enhance Fitness
GF - Donna \$\$
11:30a-12:30p - Pilates Reformer
MBS - Barb \$\$
12:30-1:00p - Pilates Reformer Trial
MBS - Barb \$\$
5:45-6:15p - Yogalates
MBS - Loretta

WEDNESDAY

7:00-8:00a - Island Beach Yoga
-IB - Ivette
7:00-7:45a - Yogalates
GF - Anne Marie
7:30-8:30a - Pilates Reformer
MBS - Barb \$\$
8:00-8:45a - Cycling
C - Anne Marie
10:00-11:00a - Yoga Open
MBS - Ivette
11:15a-12:15p - Enhance Fitness
GF - Peggy \$\$
1:00-2:00p - Parkinson's -
GF - Barb \$\$
5:30-6:30p - Yin & Sound Healing
MBS - Ivette
6:00-6:55p - Kick, punch, & crunch
GF - Deanna
7:00-8:00p - Yoga Open Level
MBS - Mary Ellen

SATURDAY

8:00-8:55a - Zumba
GF - Zoe
8:00-8:45a - Total Body Strength
G - Rotation
9:00-9:45a - Butts & Guts
GF - Emily
9:00-9:45a - One-Step MS
T - Christy \$\$
10:00-11:00a - Yoga Open Level
GF - Mary Ellen
12:15-1:00p - Pilates Reformer Trial
MBS - Barb \$\$

SUNDAY

9-10a - Yoga Open to Intermediate
GF - Rotation
9:00-9:45a - Cycling
C - Rotation
10:10-11:10a - Yoga Beginner-Advanced
GF - Rotation
10:15-11:00a - Metcon
G - Christy
10:15-11:15a - Pilates Reformer
MBS - Barb \$\$

Class Locations

C - Cycling Studio | GF - Group Fitness
G - Gymnasium | MBS - Mind, Body, Spirit
T - Thrive | LL - Lower Level | IB - Island Beach

\$\$ - Specialty format; registration is required and fee may apply. Classes are open to ages 15+. Schedule is subject to change.



SCULPTING & TONING

Body Pump®: A total body workout that burns calories, shapes, and tones without building bulky muscles. The encouragement, motivation, and great music in every BODYPUMP® class will achieve the results you want and deserve! All fitness levels

Butts & Guts: Train and tighten all regions of the lower body and core with this toning class. Workout will focus on the abs, glutes, legs, and lower back using light weights, bands, and body resistance. All fitness levels

Functional Strength: a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling.

Mat Pilates: A series of core exercises that emphasize the muscles of the abdomen and back. Posture will improve while you lengthen and strengthen all of the muscles in your body. All fitness levels

Strength & More: Total body toning and conditioning, working multiple muscles while engaging core stabilization throughout your range of motion. All fitness levels

Total Body Strength: A muscle-building class featuring a mixture of dumbbells, resistance bands, and bodyweight to sculpt and define arms, back, legs and glutes. All fitness levels

Enriched Fitness: Like Enhance fitness but are ready for a bit more? Take your cardio, strength, balance, and flexibility to the next level in this "Enhanced" like fitness class.

SPECIALTY CLASSES - MAY REQUIRE A REGISTRATION & A FEE

Boxing HiIT: A cardiovascular workout to help increase stamina in the heart and lungs by incorporating punching and kicking drills involving a heavy bag. All fitness levels. Limited to 6 participants. Registration and a fee are required

Cycle Fusion: Cycle Fusion is a combination of cycle & weights. You will start a cardio workout on the bike with a continuation with intervals of weights, bands and core. All fitness levels. Registration is required. No fee required

Kettlebell Strength: this class combines functional, compound exercises such as "the swing," "the clean" and "the press" that will work multiple muscle groups. You will develop strength, muscular endurance, flexibility, and cardiovascular conditioning through this ultimate "momentum-based" workout. With the proper coaching, the kettlebells provide a total-body strength and conditioning that is super-efficient in burning calories and initiating fat loss. Limited to 6 participants. Registration and a fee are required

Pilates Reformers: Pilates reformers build deep core strength, stability, flexibility and mobility. Pilates workouts reinforce good posture, help improve balance and build muscle endurance. Limited to 4 participants. Registration and a fee are required.

Squats, Slams, & Ropes: Using battle ropes, slams balls, and weights this functional workout is for the glutes, back and abs. Appropriate for all levels. Limited to 6 participants. Registration and a fee are required.

Tread N' Shed: Diversify your treadmill workout with this fun and intense cardio class! Explore different speeds, levels and heights as you walk and sprint your way to a fitter, leaner you! All fitness levels Registration is required. No fee required

HEALTHY LIVING PROGRAMS-REGISTRATION REQUIRED

Enhance Fitness®: Enhance Fitness is a proven community-based arthritis management program. It helps adults become more active, energized, and empowered for independent living. The program uses simple, easy-to-learn movements that motivate individuals to stay active throughout their life. Each class session includes cardiovascular, strength training, balance, and flexibility exercises and the fostering of strong social relationships between participants.

Strength and Longevity a Parkinsons Journey: Fitness program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. This wellness program is designed to retrain the mind and body. Come put the power back into your step!

ONE STEP MS Program: In partnership with the National MS Society, the One-Step Program is a 7-week wellness course designed for adults medically diagnosed with MS. Participants are provided a comfortable and accessible environment to encourage therapeutic exercise addressing the issues of fatigue, mobility, weakness, and depression. Medical clearance required.

The YMCA'S Diabetes Prevention Program: This evidence-based program held over the course of one year (25 sessions) for individuals with prediabetes is approved by the CDC. Led by a trained Lifestyle Coach, learn how making small changes can reduce your risk of diabetes and help you lead a healthier life.

DANCE

Zumba®: An aerobic workout with pulsating Latin music incorporating footwork and body movements from flamenco, salsa, meringue and other dances. All fitness levels

CARDIO

Cardio Step: Grab your leg warmers to join this high energy, heart pumping class using step choreography to keep you moving. Various intervals challenge your heart and tones the lower body. All fitness levels welcome.

Cardio Fusion: A full-body workout that combines cardio, strength and core exercises. All fitness levels welcome.

CardioBlast: This class is all about getting the body moving and the heart thumping. This class offers a fun but challenging focus on high intensity aerobic with weight resistant training sprinkled in. Different types of equipment are used to condition the body and keep the mind and muscle engaged.

Cycling: Emphasis on proper cycling technique while you control the intensity of this world-class workout. All fitness levels welcome.

Forever Fit: Composed of simple aerobic movements, easy arm exercises, stretching and balance work, Forever Fit is a group training class that is easy on the muscle and joints. If you are looking for a fun group class that keeps you moving-without impactful or jarring actions- try Forever Fit. All fitness levels welcome

Kick, Punch and Crunch: Get sweaty and create a strong, lean core with our remixed Kickboxing class with an additional emphasis on core-based movements. Improve your balance, build muscular endurance, and tighten up those abs with a series of full body movements. Take that boost of endorphins and leave class with confidence and strength!

Squats, Slams, & Ropes: Using battle ropes, slam balls, and weights, this functional workout is for the glutes, back and abs.

Metcon: This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises are designed to leave you fit, energized, and ready for more. All fitness levels

MIND BODY SPIRIT

Balanced Body: Creating a practice of breath, body postures, movement sequences, and stretches that allow the body's physical systems to coordinate and work together. All fitness levels

Chair Yoga: This is the gentlest form of yoga; it is easier on your muscles, and is for people with high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, chronic pain, and those that find it difficult to get up and down from the floor. All fitness levels

Gentle Yoga: A slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. All fitness levels

Open level Yoga: Open yoga presents classical yoga teachings designed to bring together a mix of practitioners with varied skill levels, from beginners to more advanced. This gives you the option to modify if you need to or increase the intensity if that's what your body needs. All fitness levels

Total Mobility: The ability to move freely within your body not only helps you FEEL your best, but it can help alleviate chronic pain, reduce injuries, and improve overall performance. This low impact class will take you through a series of exercises to help you feel mobile and fluid and ready to start the day no matter which way you choose to go. All fitness levels.

Yin Yoga: is a style of yoga that involves long holds in various seated and reclined poses to access deeper layers of fascia and to quiet the mind. There are three tenets of Yin Yoga: find your edge where you can feel the stretch but without straining; remain still; and allow yourself to stay here for time.

Yoga: A fit and supple body is developed through the practice of postures (asanas). Taken from various Yoga disciplines, the asanas are taught with attention to correct positioning of the body so that each individual part as well as the various physiological systems can function to their best potential. All fitness levels

Yogalates: Blending the breath and flexibility training of yoga with the power and centering techniques of Pilates, Yogalates offers a workout that stretches and tones the body while relaxing the mind. All fitness levels

Tia Chi Easy: A gentle martial arts inspired mind-body workout.