



Lakeland Hills Family YMCA **Fitness Class Schedule** 9/2-12/31

Kelly Najjar, NBC-HWC
Health & Wellness Director
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www.lakelandhillsymca.com

MONDAY

6:00-6:45a - Cycling
GF - Anne Marie !!
7:15-8:15a - Pilates Reformer
MBS - Barb \$\$!!
8:00-8:50a - Strength & More
GF - Emily
9:00-9:50a - Total Body Strength
GF - Emily
9:00-10:00a - Cardio Blast
MBS - Beverly
9:30-10:15a - Boxing HiIT \$\$
T - Christy \$\$!!
10:00-11:00a - Cardio Step
GF - Francie
11:00a-12:00p - Yoga
MBS - Donna
11:15a-12:15p - Enhance Fitness
GF - Francie \$\$!!
5:30-6:30p - Gentle Yoga
MBS - Ivette
****5:30-6:30p - Self-Defense**
GF - B \$\$!!
6:35-7:30p - Zumba
MBS - Zoe
6:45-7:30p - Cycling
GF - Pete !!

THURSDAY

5:45-6:30a - Cycling
GF - Michelle !!
8:00-9:00a - Yoga
MBS - Ivette
****8:00-8:45a - Total Body Blast**
GF - Dawn
9:00-9:45a - Butts & Guts
GF - Dawn
9:05-10:05a - Tai Chi Easy - Level 1
MBS - Mary Beth
9:30-10:15a - Kettlebell Strength
G - Christy \$\$!!
10:10-11:10a - Total Mobility
MBS - Donna
10:15-11:15a - Tai Chi Easy - Level 2
GF - Mary Beth
11:15a-12:15p - Yoga
GF - Linda C
3:00-4:00p - Pilates Reformer
MBS - Barb \$\$!!
4:00-5:00p - LIVESTRONG
T - Barb \$\$!!
****5:00-5:45p - Pure Strength**
GF - Sally
6:00-6:45p - Mat Pilates
MBS - Linda H
6:00-7:00p - Zumba
GF - Noreen
7:00-8:00p - Yoga
MBS - Linda C
7:15-8:00p - Cycling
GF - Rotation !!

TUESDAY

5:45-6:30a - Yoga
MBS - Michelle
7:45-8:45a - Cycling
GF - Roseann (begins 9/16)
8:30-9:30a - Total Mobility
MBS - Donna
****9:00-9:50a - Off the Barre**
GF - Miranda
9:45-10:30a - Squats, Slams & Ropes
G - Christy \$\$!!
****10:00-10:50a - Mat Pilates**
MBS - Miranda
10:00-10:50a - Enriched Fitness
GF - Donna
11:00-11:50a - Chair Yoga
GF - Mary Ellen
11:00a-12:00p - Gentle Yoga
MBS - Linda C
****12:00-1:00p - Pilates Reformer**
MBS - Abigail \$\$!!
4:00-5:00p - LIVESTRONG
GF - Barb !!
5:30-6:25p - Barbell Burn
GF - Sally
6:00-6:45p - Mat Pilates
MBS - Linda H
6:45-7:30p - Cycling
GF - Alicia !!
7:00-7:50p - Cardio Blast
T - Sally
7:00-8:00p - Yoga
MBS - Beverly

FRIDAY

7:00-8:00q - Yoga
MBS - Mary Ellen
8:00-8:45a - Cycling
GF - Pete !!
9:00-9:45a - Forever Fit
MBS - Peggy
****9:00-10:00a - Cardio Blast**
T - Andrew
9:00-9:45a - Functional Strength
GF - Christy
****10:00-11:00a - Total Body Strength**
T - Andrew
10:00-11:00a - Balanced Body
GF - Donna
10:00-10:45a - Chair Yoga
MBS - Peggy
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 \$\$!!
5:45-6:45p - Yogalates
MBS - Loretta

WEDNESDAY

6:30-7:15a - Yogalates
GF - Anne Marie
7:30-8:30a - Pilates Reformer
MBS - Barb \$\$!!
****7:30-8:15a - Cycling**
GF - Anne Marie !!
8:30-9:15a - Cycling
GF - Anne Marie !!
****9:00-9:50a - Tread & Shred**
GF - Colby !!
****9:00-9:50a - Cardio Fusion**
MBS - Emily
10:00-11:15a - Yoga
MBS - Ivette
11:15a-12:15p - Enhance Fitness
GF - Peggy \$\$!!
1:00-2:00p - Parkinsons
GF - Barb \$\$!!
5:30-6:30p - Yin Yoga & Sound Healing
MBS - Ivette
6:00-6:55p - Kick, Punch, & Crunch
GF - Deanna
7:00-8:00p - Yoga
MBS - Mary Ellen

SATURDAY

8:00-8:55a - Zumba
MBS - Zoe
****8:00-8:45a - Boot Camp**
GF - Rotation
9:00-9:45a - Butts & Guts
GF - Rotation
9:00-9:45a - Thrive with MS
T - Christy \$\$!!
10:00-11:00a - Yoga
GF - Mary Ellen
12:15-12:45p - Pilates Reformer Trial
MBS - Barb \$\$!!

SUNDAY

9:00-10:00a - Yoga - Intermediate
MBS - Rotation
9:00-9:45a - Cycling
GF - Rotation !!
10:00-10:45a - Functional Strength
GF - Christy
10:10-11:10a - Yoga
T - Rotation !!
10:15-11:15a - Pilates Reformer
MBS - Barb \$\$!!
****11:00a-12:00p - Belly Dancing**
T - Hannah

Class Locations

GF - Group Fitness | MBS - Mind, Body, Spirit
G - Gymnasium | T - Thrive
**-New class

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



LAKELAND HILLS FAMILY YMCA FITNESS CLASS DESCRIPTIONS WWW.LAKELANDHILLSYMCA.COM

SCULPTING & TONING

Barbell Burn: A total body workout that burns calories, shapes, and tones without building bulky muscles. The encouragement, motivation, and great music in every Barbell Burn 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.

Pure Strength: Push your limits in this hardcore strength training class that's all about heavy lifts and maximum power. Build serious muscle, unleash explosive strength, and leave the workout stronger than ever.

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 Blast: 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!

Total Body Blast: Improve muscular strength and cardio using weights, body bars, bands and body weight exercises.

Cardio Fusion: Energize your workout with Cardio Fusion, a heart-pumping blend of cardio, athletic drills, and total-body conditioning. This high-energy class keeps you moving with nonstop variety, torching calories while building strength, agility, and endurance.

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.

Movement is Medicine: Power Through Parkinsons: 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!

Thrive With 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.

LIVESTRONG: a supportive fitness and wellness program designed specifically for cancer survivors, helping them rebuild strength, regain energy, and restore confidence after treatment. Through safe, personalized exercises and a caring community, participants reclaim their bodies and their lives—one empowered step at a time.

DANCE

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

Belly Dance: Shimmy, sway, and sculpt in this high-energy belly dance fitness class that blends traditional Middle Eastern moves with cardio and core-toning sequences. No dance experience needed—just bring your hips, your smile, and get ready to have fun while you burn calories.

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

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' Shred: 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

Self-Defense: This empowering self-defense class teaches practical skills to help you stay safe and confident in everyday situations. Open to all levels, the class focuses on awareness, prevention, and simple techniques anyone can use. Registration and a fee are required.

Off the Barre: Step away from the barre and take your strength, balance, and flexibility training to the mat and floor. This dynamic, barre-inspired workout blends sculpting, core work, and functional strength for a total-body burn—no barre required.

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

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

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