



Lakeland Hills Family YMCA Fitness Class Schedule

Effective 1/18/2026 (Schedule is subject to change, Ages 15+)

Kelly Najjar, NBC-HWC
Senior Program Director
(973) 507-7026
www.lakelandhillsymca.com

MONDAY

- 6:00-6:45a - Cycling - C - Anne Marie
- 7:15-8:15a - Pilates-R - MBS - Barb \$#
- 8:00-8:45a - Power 9 Circuit - GF - Emily
- 9:00-10:00a - Power 9 Circuit - GF - Emily
- 9:00-9:45a - Pure Strength - FW - Beverly
- **9:00-10:00a - Zumba - MBS - April
- *9:45-10:30a - FW Powerful Lift - FW - Christy \$
- 10:00-11:00a - Cardio Step - GF - Francie
- **10:00a-10:45a - Learn Yoga - MBS - Donna \$
- 11:00a-12:15p - Yoga - MBS - Donna
- 11:15a-12:15p - Enhance - GF - Francie #
- **12:30-1:30 Movement is Medicine - GF - Barb \$#
- 5:30-6:30p - Gentle Yoga - MBS - Ivette
- **5:30-6:20p Bosu Fit - GF - Sally
- 6:00-6:45p - Cycling - C - Pete
- **6:30-7:20p - Pure Strength- GF - Sally
- 6:30-7:30p - Zumba - FW - Zoe
- **7:30-8:00p - Athletic Stretch - GF - Sally

Community Integrated Health Nurse Hours
M/W/F 8:30-11:30 \$#

WEDNESDAY

- 7:00-7:45a - Yogalates - GF - Anne Marie
- 7:30-8:30a - Pilates-R - MBS - Barb \$#
- 8:00-8:45a - Cycling - C - Anne Marie
- 9:00-10:00a - Tread & Shred - Tf - Colby/Francie
- 9:00-9:50a - Power 9 Circuit - GF - Emily
- 10:00-11:00a - Off the Barre - GF - Amanda
- **10:00-11:00a - FW Powerful Lift - FW - Emily \$
- 10:00-11:15a - Yoga - MBS - Ivette
- 11:15a-12:15p - Enhance - GF - Peggy #
- **11:30-12:15p - Pilates-Inspired Mat - FW - April
- 11:30a-12:30p - Pilates-R - MBS - Amanda \$#
- 12:30-1:30p - Movement is Medicine - GF - Peggy \$#
- **5:00-6:00p - Belly Dance - FW - Hannah
- **5:00-6:00p Wellness Coach - WO - Mary Ellen
- 5:30-6:30p - Yin & Sound Healing - MBS - Ivette
- **6:00-7:00p - Zumba - FW - Hannah
- 6:00-6:55p - Kick, Punch, & Crunch - GF - Deanna
- **6:00-6:45p - Pure Strength - Tf - Laura
- **7:00-8:00 - Cardio Dance - FW - Laura
- **7:00-8:00p - Intermediate Yoga - MBS - Pamela

TUESDAY

- 5:45-6:30a - Yoga - MBS - Michelle
- 7:45-8:30a - Cycling - C - Roseann
- 8:30-9:30a - Total Mobility - MBS - Donna
- 9:00-9:50a - Off the Barre - GF - Miranda
- **9:45-10:30a - FW Metabolic Fit - TF - Christy \$
- 10:10-11:00a - Mat Pilates - FW - Miranda
- 10:00-10:50a - Enriched Fitness - GF - Donna
- 11:00a-12:00p - Gentle Yoga - MBS - Linda C
- 11:15-12:15p Tai Chi - GF - Mary Beth
- 12:00-1:00p - Pilates-R - MBS - Abigail \$#
- **12:15-1:00p Cardio Dance - FW - April
- 12:15-1:00p - Chair Yoga - GF - Mary Ellen
- 4:00-5:00p - LIVESTRONG - FW - Barb #
- 5:30-6:25p - Barbell Burn - GF - Sally
- 6:00-6:45p - Mat Pilates - MBS - Shelsey
- **6:00-6:45 - Learn to Lift - FW - Beverly \$\$
- 6:15-7:00p - Cycling - C - Alicia
- 6:30p-7:20p - Drenched Cardio - GF- Sally
- 7:00-8:00p - Yoga - MBS - Beverly
- **7:00-7:45p - FW HiiT Strength - Tf - Shelsey

THURSDAY

- 5:45-6:30a - Cycling - C - Michelle
- **8:00-8:50a - FW TRX Fusion - FW - Dawn \$
- 8:00-9:00a - Yoga - MBS - Mary Ellen
- 9:00-9:45a - Butts & Guts - GF - Dawn
- **9:00-10:00a - FW Power Pilates - FW- Amanda \$
- 9:30-10:15a - FW Kettlebell Strength - Tf - Christy \$
- **10:00-11:00am - Pilates-Inspired Mat - GF - April
- 10:15-11:15a - Total Mobility - MBS - Donna
- 11:15-12:15a - Tai Chi - FW - Mary Beth
- 11:15a-12:15p - Yoga - GF - Linda C
- 3:00-4:00p - Pilates-R - MBS - Barb \$#
- 4:00-5:00p - LIVESTRONG - FW - Barb #
- 5:00-5:45p - Pure Strength - GF - Sally
- 6:00-6:45p - Mat Pilates - MBS - Shelsey
- 6:00-7:00p - Zumba - GF - Noreen
- 6:00-6:45p - Cycling - C - Michelle/Owen
- **7:00-7:45 - FW HiiT Strength - FW - Shelsey \$
- 7:00-8:00p - Yoga - MBS - Linda C

\$ - Specialty format - fee may apply.

- Registration required.

** | | | |

New class | Pilates Reformer | Fitworks | Foundations

Class Locations

GF -Group Fitness | MBS - Mind, Body, Spirit | T - Thrive
C - Cycle Studio | FW - FitWorks Studio | Tf - Turf | WO - Wellness Office



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FRIDAY

7:00-8:00a - Yoga - MBS - Mary Ellen
💡 **8:00-8:30 - Learn Yoga - MBS - Mary Ellen \$
**8:00-8:50a - Pure Strength - GF - Beverly
GYM 8:00-8:45a - Cycling - C - Pete
GYM 8:15-9:00a - FW Boxing HiiT - FW - Christy \$
8:30-9:00a - Wellness Coach - WO - Mary Ellen
9:00-9:45a - Forever Fit - MBS - Peggy
**9:00-10:00a - CycleStrong - C - Emily
9:00-9:45a - Functional Strength - GF - Christy
GYM **10:00-11:00a - FW Powerful Lift - FW - Emily \$
10:00-11:00a - Balanced Body - GF - Donna
10:00-10:45a - Chair Yoga - MBS - Mary Ellen
**11:15-12:00 - Cardio Dance - FW - April
11:15a-12:15p - Enhance - GF - Donna #
P 11:30a-12:30p - Pilates-R - MBS - Barb \$#
💡 12:30-1:00p - Learn Pilates-R - MBS - Barb \$#
5:45-6:45p - Yogalates - GF - Loretta

SATURDAY

8:00-8:55a - Zumba - MBS - Zoe
**8:00-8:45a - Boot Camp - FW - Rotation
**8:30-9:20a - Barbell Burn - GF - Sally
9:00-9:45a - Movement is Medicine - FW - Christy \$#
9:30-10:00a - Core Burnout - GF - Sally
10:00-10:50a - Athletic Stretch - GF - Sally
10:00-11:00a - Yoga - MBS - Mary Ellen

SUNDAY

9:00-10:00a - Yoga - Intermediate - GF - Rotation
GYM 9:00-9:45a - Cycling - C - Rotation
P **9:00-10:00a - Pilates-R - MBS - Barb \$#
10:00-10:45a - Functional Strength - Gym - Christy
P 10:00-11:00a - Pilates-R - MBS - Barb \$#
10:10-11:10a - Yoga - GF - Rotation
11:15a-12:15p - Belly Dancing - FW - Hannah

FW - FITWORKS PROGRAMS

Fitworks Punchcard*, unlimited monthly fee, mix and match

Powerful Lift blends traditional strength training with powerlifting-style movements. Expect fewer reps, focused sets, longer rest, and intentional coaching to help you lift strong, lift smart, and build real strength. **Mon 9:45am, Wed & Fri 10:00am.**

Metabolic Fit is a high-energy small group training class. This coach-led workout uses short, effective training formats such as AMRAPs, EMOMs, and ladder-style workouts to build strength, improve conditioning, and boost metabolism. Expect personalized coaching, varied workouts, and a motivating environment designed to challenge you safely and efficiently. **Tues 9:45am**

HIIT Strength is a high-intensity, strength-focused small group training class held in the functional training area. Using timed intervals and a variety of functional equipment, participants build strength, power, and endurance in a coach-led setting. The small group format allows for personalized instruction, proper technique, and scalable options for all fitness levels. **Tues & Thurs 7:00pm**

TRX Fusion is a total-body workout that combines suspension training and strength movements. Using the TRX system and floor-based exercises, this class improves strength, stability, balance, and core control — with options for all fitness levels. **Thurs 8:00am**

Power Pilates is an advanced, results-driven Pilates-based class. This higher-intensity format builds deep core strength while incorporating progressive sequencing, longer work sets, and intentional muscular fatigue. With focused coaching and purposeful movement, this class goes beyond traditional mat Pilates to deliver a powerful, athletic experience for those ready to push their practice and elevate total-body strength. **Thurs 9:00am**

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. **Thurs 9:30am**

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. **Fri 8:15am**

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. (Pilates Reformer punchcard only, registration required) **Mon 7:15am, Tues 12:00pm, Wednesday 7:30am & 11:30am, Thurs 3:00pm, Fri 11:30am, Sun 9:00am & 10:00am**

*Pilates Reformer excluded

Community Integrated Health Nurse Hours

M/W/F 8:30-11:30 \$#

\$ - Specialty format - fee applies.

- Registration required.

** P GYM 💡 GYM 💡
New class | Pilates Reformer | Fitworks | Foundations

Class Locations

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LAKELAND HILLS FAMILY YMCA

FITNESS CLASS DESCRIPTIONS

WWW.LAKELANDHILLSYMCA.COM

STRENGTH & SCULPT

Barbell Burn is 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 trains 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 is a strength class designed to prepare you for daily living like bending, twisting, lifting, loading, pushing, pulling, squatting and hauling. All levels.

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.

Pilates-Inspired Mat is a low-impact, mat-based class focused on core strength, posture, balance, and controlled movement. Using exercises inspired by Pilates principles, this class emphasizes stability, alignment, and mindful movement to support total-body strength and mobility. All fitness levels.

Enriched Fitness Take your cardio, strength, balance, and flexibility to the next level in this "Enhanced" like fitness class. This is a great class for beginners.

Pure Strength pushes 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. All fitness levels.

Power 9 Circuit delivers a powerful full-body workout with 3 rounds of 3 moves. Using 40 seconds of work and 20 seconds of rest, you'll build strength, elevate your heart rate, and leave feeling accomplished. All fitness levels.

Boot Camp is a high-energy, total-body workout combining strength, cardio, and functional training. Expect athletic-style intervals, motivating coaching, and scalable options that challenge all fitness levels.

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.

BOSU Fit: Challenge your balance and build strength in this full-body BOSU workout. Using both sides of the BOSU, you'll train stability, coordination, and core control while keeping your heart rate up in a fun, athletic format.

Core Burnout is a focused core-conditioning class designed to strengthen the abdominals, back, and hips. Using targeted exercises, this class improves stability, posture, and total-body support — and yes, you'll feel the burn.

Athletic Stretch a guided mobility and flexibility class designed to support recovery and movement quality. Improve joint mobility, muscle balance, and flexibility to help your body move and perform better.

CARDIO

Cardio Step: Grab your leg warms 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.

Forever Fit is 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! All fitness levels welcome.

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.

Drenched Cardio is a high-energy, sweat-driven workout designed to get your heart pumping and your body moving. Expect athletic cardio intervals, simple choreography, and nonstop motivation — all with options to adjust intensity.

FOUNDATIONS (Foundations punchcard, mix & Match)

Learn Yoga is a beginner-friendly class designed to introduce the foundations of yoga. Participants will learn basic poses, breathing techniques, and alignment in a supportive, slow-paced environment focused on building confidence and comfort. \$

Learn Pilates Reformer is a beginner-friendly class designed to introduce the fundamentals of the Pilates Reformer. Participants will learn proper setup, basic exercises, spring resistance, and safe movement patterns in a supportive, small-group environment. \$

Learn to Lift is a beginner-friendly strength class that teaches proper form for the six foundational lifts. Participants will learn safe technique, body positioning, and mind-muscle connection to build confidence on the gym floor and prepare for heavier weights. \$

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DANCE

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

Cardio Dance is a high-energy dance fitness class featuring easy-to-follow choreography set to upbeat music. Improve cardiovascular endurance, burn calories, and have fun moving — no dance experience required.

CYCLING

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

CycleStrong pairs high-energy cycling with strength-based moves. This fusion class boosts heart health, builds strength, and keeps your workout engaging from start to finish.

HEALTHY LIVING PROGRAMS - REGISTRATION REQUIRED

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 is a specialized wellness program designed to support individuals living with **Parkinson's disease**, **Multiple Sclerosis**, and **memory-related conditions**. This class focuses on purposeful movement to improve strength, balance, mobility, coordination, and confidence in a safe, supportive environment. Through guided exercises that help retrain the mind-body connection, participants work to maintain physical function, manage symptoms, and support overall quality of life. This program emphasizes empowerment, encouragement, and community. \$

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.

Wellness Coaching Open Hours provide dedicated time to meet one-on-one with a wellness coach for guidance, support, and goal setting. Whether you're looking for help with exercise planning, healthy habits, accountability, or navigating your wellness journey, this open-access time offers personalized support in a relaxed, welcoming environment.

MIND BODY SPIRIT

Balanced Body creates 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 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 is a slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. 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 blends 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 is a gentle martial arts inspired mind-body workout.