



Lakeland Hills Family YMCA Fitness Class Schedule
 Effective 5/11/2026 (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 - April
- 11:00a-12:15p - Yoga - MBS - Beverly
- 11:15a-12:15p - Enhance - GF/T - Francie/April #
- **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

TUESDAY

- 5:45-6:30a - Yoga - MBS - Michelle
- 7:45-8:30a - Cycling - C - Roseann
- 8:30-9:30a - Total Mobility - MBS - Mary Ellen
- 9:00-9:50a - Off the Barre - GF - Miranda
-  **9:45-10:30a - FW Metabolic Fit - TF - Christy \$
- 10:10-11:00a - Mat Pilates - MBS - Miranda
- 10:00-10:50a - Balanced Body - GF - April
- 11:00a-12:00p - Gentle Yoga - MBS - Linda C
- 11:15-12:15p Tai Chi - GF - Mary Beth
-  12:15-1:15p - Pilates-R - MBS - Abigail \$#
- 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 - Pure Strength - 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

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/T - Peggy/April #
-  11:30a-12:30p - Pilates-R - MBS - Amanda \$#
- 12:30-1:30p - Movement is Medicine - GF - Peggy \$#
- **5:00-6:00p Wellness Coach - WO - Mary Ellen
- 5:30-6:30p - Yin & Sound Healing - MBS - Ivette
- 6:00-6:55p - Kick, Punch, & Crunch - GF - Deanna
- **6:00-6:45p - Pure Strength - T - Laura
- **7:00-8:00 - Cardio Dance - GF - Laura
- **7:00-8:00p - Intermediate Yoga - MBS - Pamela

THURSDAY

- 5:45-6:30a - Cycling - C - Michelle
- 8:00-8:50a - Functional Strength - GF - Dawn
- 8:00-9:00a - Yoga - MBS - Mary Ellen
- 9:00-9:45a - Butts & Guts - GF - Dawn
-  9:30-10:15a - FW Kettlebell Strength - FW - Christy \$
- **10:00-11:00am - Pilates-Inspired Mat - GF - April
- 10:15-11:15a - Total Mobility - MBS - Mary Ellen
-  **10:30a-11:30a - FW Power Pilates - FW- Amanda \$
- 11:30-12:15a - Tai Chi - MBS - 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
 8:00-8:45a - Cycling - C - Pete
 **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
 **10:00-11:00a - FW Powerful Lift - FW - Emily \$
 10:00-11:00a - Balanced Body - GF - April
 10:00-10:45a - Chair Yoga - MBS - Mary Ellen
 11:15a-12:15p - Enhance - GF - April #
 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 - Gym - 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
 9:00-9:45a - Cycling - C - Rotation
 **9:00-10:00a - Pilates-R - MBS - Barb \$#
 10:00-10:45a - Functional Strength - Gym - Christy
 10:00-11:00a - Pilates-R - MBS - Barb \$#
 10:10-11:10a - Yoga - GF - Rotation
 11:15a-12:15p - Belly Dancing - GF - 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 \$#

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