



Lakeland Hills Family YMCA Fitness Class Schedule
Effective 6/23/2026 (Schedule is subject to change, Ages 15+)

Frank Butterfield, NBC-HWC
Program Manager
(973) 507-7029
www.lakelandhillsymca.com

Beach yoga begins 6/29

MONDAY

6:00-6:45a - Cycling - C - Anne Marie
7:00-8:00a - Beach Yoga - Island Beach - Barb
 8:00-8:45a - Power 9 Circuit - GF - Emily
9:00-10:00a - CycleStrong - C - Emily
 9:00-9:45a - Pure Strength - GF - Beverly
 9:00-10:00a - Zumba - MBS - April
 9:45-10:30a - FW Powerful Lift - FW - Christy \$
 **10:00-11:00a - Cardio Step - FW - Francie
 10:00a-10:45a - Learn Yoga - MBS - April
 11:00a-12:00p - Yoga - MBS - Beverly
 11:15a-12:15p - Enhance - GF - Francie/April #
 12:30-1:30 Movement is Medicine - GF - Barb \$#
4:00-5:00p - Pilates-R - MBS - Abigail \$#
 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
 7:30-8:00p - Athletic Stretch - GF - Sally

TUESDAY

7:15-8:15a - Pilates-R - MBS - Barb \$#
 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 \$
 10:00-10:50a - Balanced Body - GF - April
 10:10-11:00a - Mat Pilates - MBS - Miranda
10:30-11:30a - TRX Fusion - FW - Christy \$
 11:00a-12:00p - Gentle Yoga - MBS - Linda C
 11:15-12:15p Tai Chi - GF - Mary Beth
 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 - 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 - Functional Recovery - FW - Shelsey**

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

WEDNESDAY

7:00-7:45a - Yogalates - GF - Anne Marie
7:00-8:00a - Beach Yoga - Island Beach - Ivette
 7:30-8:30a - Pilates-R - MBS - Barb \$#
 8:00-8:45a - Cycling - C - Anne Marie
9:00-10:00a - Colby's Conditioning Lab - Tf - Colby
 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/April #
 11:30a-12:30p - Pilates-R - MBS - Amanda \$#
 12:30-1:30p - Movement is Medicine - GF - Peggy \$#
4:15-5:15p - Pilates Reformer/Mat Fusion - MBA - Amanda \$#
 5:00-6:00p Wellness Coach - WO - Mary Ellen
 5:30-6:30p - Mat Pilates - GF - Amanda
 5:30-6:30p - Yin & Sound Healing - MBS - Ivette
6:30-7:25p - Kick, Punch, & Crunch - GF - Deanna
 7:00-8:00p - Intermediate Yoga - MBS - Pamela

THURSDAY

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
 11:15a-12:15p - Yoga - GF - Linda C
11:30-12:30p - Pilates Reformer/Mat Fusion - MBA - Amanda \$#
 3:00-4:00p - Pilates-R - MBS - Barb \$#
 4:00-5:00p - LIVESTRONG - FW - Barb #
 5:00-5:45p - Pure Strength - GF - Sally
5:00-6:00p - Pilates-R - MBS - Shelsey \$#
 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 - Functional Recovery - FW - Shelsey \$
 7:00-8:00p - Yoga - MBS - Linda C

\$ - Specialty format - fee may apply.
- Registration required.
New Class

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 - Beach Yoga-Island Beach - 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 - April
- 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 \$#
- 5:30-6:30p - Yogalates - GF - Loretta

SATURDAY

- 8:00-8:55a - Zumba - MBS - Zoe
- 8:00-8:45a - Boot Camp - GF - 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
- **10:00a-11:00a - Zumba Tone - Thrive - Hannah
- 11:15a-12:15p - Belly Dancing - GF - Hannah

FW - FITWORKS PROGRAMS

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.

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.

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.

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.

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.

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.

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)

Reformer + Mat Pilates Fusion: Blend the strength-building benefits of the Pilates Reformer with the flow and functional movement of mat Pilates. This full-body workout focuses on core strength, balance, flexibility, and posture while delivering a challenging yet accessible Pilates experience.

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

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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 tightens 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.

Colby's Conditioning Lab is where hard work meets results – a challenging full-body circuit designed to build strength, improve conditioning, and increase overall athletic performance through a combination of functional movements, cardio intervals, and metabolic training. Come ready to work, sweat, and leave stronger than when you arrived.

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.

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.

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

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. \$

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.

Functional Recovery helps participants restore strength, balance, mobility, and confidence following pain, injury, surgery, or periods of inactivity. This low-impact class focuses on improving movement patterns, correcting muscle imbalances, enhancing joint stability, and building the strength needed for everyday activities.

DANCE

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

Zumba Tone combines the high-energy dance fitness moves you love with light resistance training using toning sticks or hand weights. This fun, upbeat class helps to improve cardiovascular fitness while enhancing muscle endurance, strength, and overall body conditioning.

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.

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