



Lakeland Hills Family YMCA Fitness Class Schedule

Effective 7/16/2026 (Schedule is subject to change, Ages 15+)

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

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 -GF - 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

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 - MBS - Amanda \$
5:00-6:00p Wellness Coach - WO - Mary Ellen
5:30-6:20p - 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

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

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 - MBS - April
10:10-11:00a - Mat Pilates - GF - 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 - 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
7:30p-8:30p - Zumba - GF - Noreen
7:00-7:45p - Functional Recovery - FW - Shelsey \$

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 - MBS - 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
6:00-6:45p - Cycling - C - Michelle/Owen
7:00-7:45 - Functional Recovery - FW - Shelsey \$
7:00-8:00p - Yoga - MBS - Linda C

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 \$\$
5:45-6:45p - 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
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.

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

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- Registration required.

New Class

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C - Cycle Studio | FW - FitWorks Studio | Tf - Turf | WO - Wellness Office