Lakeland Hills Family YMCA Fitness Class Schedule

Updated 10/2/2026 (Schedule is subject to change, Ages 12+)

Frank Butterfield
Health & Fitness Program Manager
(973) 507-7029
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
****9:15-10:00A – POWER VINYASA YOGA FLOW – MBS – JULIA**
****9:45-10:30A – FW KETTLEBELL STRENGTH – FW – CHRISTY $**
****10:15A-11:00A – YOGA FOR ATHLETES – MBS – JULIA**
11:15A-12:15P – STRENGTH & BALANCE – MBS – APRIL #
11:15a-12:15p - Enhance - GF - Frank/Kelly $#
12:30-1:30p Movement is Medicine - MBS - Barb $#
4:00-5:00p - Pilates-R - MBS - Abigail $#
5:30-6:30p - Gentle Yoga - MBS - Ivette
6:00-6:45p - Cycling - C - Pete
6:00-7:00p - Zumba - GF - Zoe

TUESDAY

****5:45-6:30A – YOGA – MBS – MICHELLE**
****7:00-8:00A – YOGA – MBS – IVETTE**
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 TRX FUSION – FW – CHRISTY $**
9:45-10:45a - Balanced Body - MBS - April
10:00-10:50a - Mat Pilates - GF - Miranda
****10:15-10:45A – GROWN UP AND ME YOGA – T –LINDA**
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
****2:00-3:00P – LIVESTRONG– MBS – BARB #**
6:00-6:45p - Mat Pilates - MBS - Shelsey
6:00-6:50p - Pure Strength - GF - Beverly
6:15-7:00p - Cycling - C - Alicia
7:00P-7:50P – PURE STRENGTH – GF– SALLY (10/6)
7:00-8:00p - Yoga - MBS - Beverly
7:00-7:45p - Functional Recovery - FW- Shelsey
7:50-8:15P – DRENCHED CARDIO – GF – SALLY (10/6)

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

WEDNESDAY

****5:45-6:30A – CYCLING – C – MICHELLE**
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 - Power 9 Circuit - GF - Emily
****9:10-10:10A – CONDITIONING LAB – TF – COLBY**
10:00-11:00A – FW STRENGTH LAB – FW – EMILY $
10:00-11:15a - Yoga - MBS - Ivette
11:15a-12:15p - Enhance - GF - Peggy $#
****11:15A-12:15P – STRENGTH & BALANCE – MBS – APRIL #**
****11:30A-12:15P – OFF THE BARRE – FW – 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 – BOLLYWOOD CARDIO DANCE – FW – IRA**
6:45-7:30p - Cardio Dance - MBS - April
7:00-8:00p - Intermediate Yoga - GF - 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
****9:15-10:15A – TOTAL MOBILITY – MBS – MARY ELLEN**
9:30-10:15a - FW Kettlebell Strength - FW - Christy $
10:00-11:00am - Pilates-Inspired Mat - GF - April
****11:15-11:45A – GROWNUP AND ME YOGA – T – APRIL**
11:15a-12:15p - Yoga - MBS - Linda C
****2:00-3:00P – LIVESTRONG – MBS – BARB #**
3:00-4:00p - Pilates-R - MBS - Barb $#
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
****6:00-6:45 – PERFORMANCE STRETCH – FW – LAURA**
7:00-7:45 - Functional Recovery - FW - Shelsey
7:00-8:00p - Yoga - MBS - Linda C
****7:00-8:00P – OFF THE BARRE – GF – LAURA**

$ - Specialty format - fee may apply.
- Registration required.
****NEW CLASS OR DAY/TIME CHANGE**

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 - Beginner 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 - T - Mary Ellen
9:00-9:45a - Forever Fit - MBS - Peggy
****9:00–10:00A – PERFORMANCE TRAINING – FW– EMILY**
9:00-9:45a - Functional Strength - Gym - Christy
****9:15–10:00 – BASIC STEP – GF – FRANCIE**
10:00-11:00a - Balanced Body - GF - April
10:00-10:45a - Chair Yoga - MBS - Mary Ellen
****10:15–10:45A – CORE BURNOUT – FW – FRANCIE**
11:15a-12:15p - Enhance - GF - April $#
****11:15A–12:15P – STRENGTH & BALANCE – MBS – FRANCIE #**
12:30-1:30p - 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 - MBS - Rotation
9:00-9:45a - Cycling - C - Rotation
****9:00–10:00A – KICK, PUNCH, & CRUNCH – GF – DEANNA**
10:00-10:45a - Functional Strength - Gym - Christy
10:00-11:00a - Pilates-R - MBS - Barb $#
10:10-11:10a - Yoga - GF - Rotation
10:15-11:15a - Belly Dancing - T - Hannah
11:30a-12:30p - Zumba Tone -GF - Hannah

FW - FITWORKS PROGRAMS

Fitworks Punchcard, unlimited monthly fee, mix and match

Strength Lab: 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.
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.
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 REFORMER

Pilates Punchcard or Pilates Single Class purchase required

Pilates-R: 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)
Pilates-R Jumpboard: Energize your Pilates practice with this low-impact, cardio-focused Reformer class. Using the jumpboard, you'll combine controlled jumping sequences with traditional Pilates movements to strengthen your core and lower body, improve coordination, and build cardiovascular endurance—all while minimizing stress on your joints. Reformer experience is recommended.

Active Aging Classes 55+

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.
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.
Tai Chi is a gentle martial art inspired mind-body workout.
****Mobility Flow** is a gentle, flowing class designed to help you move more comfortably and confidently. Guided mobility exercises and stretches support joint health, balance, flexibility, and everyday movement. Options are provided for different abilities and fitness levels.
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.
****Strength & Balance** Maintain your independence and move with greater confidence in this class designed for active older adults. Functional strength exercises, balance training, and gentle mobility work help improve stability, coordination, and everyday movement. Modifications are provided for all fitness levels.
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.

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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.
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.
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/Performance 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.
Conditioning Lab Build strength, endurance, agility, and overall fitness through functional exercises designed to support everyday movement and athletic performance. Each class combines a variety of equipment and training techniques for an effective, full-body workout. Modifications are offered for different fitness levels.
****Performance Training** Challenge yourself with an energetic workout inspired by competitive fitness training. Classes combine functional strength, conditioning, endurance, and skill-based exercises to build total-body fitness and improve performance. Modifications are available, so you can train at your own level—no competition experience required.

MIND BODY SPIRIT

Gentle Yoga is a slower paced, less intense style of yoga that focuses on thoughtful movements and breath work. 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.
Beginner 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.
****Power Vinyasa Yoga Yoga** Baptiste-inspired flow incorporating Sun As and Sun Bs. This is a challenging, energetic practice designed to make you sweat while building core strength and endurance. Practitioners are encouraged to find their edge while taking modifications and moving at their own pace. Child's Pose is always welcome.
****Grown-up & me yoga** Share movement, mindfulness, and fun with your little one! This playful class uses simple yoga poses, breathing exercises, music, and creative activities to build balance, coordination, and body awareness while encouraging connection between children and their grown-ups. No yoga experience is needed.
****Yoga for Athletes** This slow-flow class is perfect to take on its own or after a cardio or power class. Students will move through a vinyasa series focused on stretching and strengthening commonly used muscles for athletes, including the hamstrings and shoulders, while improving overall mobility, flexibility, and balance.

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 Dance, shake, and sculpt in this energizing workout that blends easy-to-follow Zumba® choreography with targeted toning exercises. Using light weights or toning sticks, you'll strengthen your arms, core, and lower body while improving cardiovascular fitness and coordination. No dance experience is needed.
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.
Bollywood Experience an energetic, full-body dance workout inspired by the vibrant music and movement of Bollywood! Easy-to-follow choreography blends traditional Indian dance with modern fitness moves to build cardiovascular endurance, coordination, and confidence. No dance experience is needed—just come ready to move and have fun!
****Bollywood** Experience an energetic, full-body dance workout inspired by the vibrant music and movement of Bollywood! Easy-to-follow choreography blends traditional Indian dance with modern fitness moves to build cardiovascular endurance, coordination, and confidence. No dance experience is needed—just come ready to move and have fun!

CYCLING

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

HEALTHY LIVING PROGRAMS

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.
Functional Recovery Restore mobility, reduce muscle tension, and help your body recover through guided stretching, mobility exercises, and gentle functional movement. This class supports better movement, flexibility, and everyday performance and is ideal for active recovery days. Modifications are provided for all fitness levels.

CARDIO

Basic 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.
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.

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