

**GROUP FITNESS CLASSES  
BERGEN COUNTY YJCC  
FEBRUARY 2012**

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>9:00</b> <b>Spinning (All)</b> Nikki	<b>8:30</b> <b>Total Tone (All)</b> Alison (45 mins)	<b>6:15</b> <b>Spinning (All)</b> Chad	<b>9:15</b> <b>Aquacise*(All)</b> Ellen	<b>8:00</b> <b>Pilates (All)</b> Reggie	<b>6:15</b> <b>Spinning (All)</b> Blanca
<b>9:00</b> <b>Boot Camp (I/A)</b> Reggie	<b>9:15</b> <b>Aquacise*(All)</b> Ellen	<b>8:15</b> <b>Pilates (All)</b> Karen		<b>9:05</b> <b>Total Tone(All)</b> Charmaine	<b>8:30</b> <b>Total Tone (All)</b> Ellen (45 mins)
<b>10:15</b> <b>Total Tone (All)</b> Reggie	<b>9:15</b> <b>Pilates</b> Alison	<b>9:00</b> <b>Yoga* (All)</b> Danielle	<b>9:15</b> <b>Pilates</b> Alison	<b>9:15</b> <b>Spinning (All)</b> Reggie	<b>9:15</b> <b>Spinning (All)</b> Ray
<b>11:20</b> <b>Pilates (All)</b> Reggie	<b>9:15</b> <b>ZUMBA**(All)</b> Francesca/Katoyna	<b>9:15</b> <b>Total Tone (All)</b> Ellen		<b>9:15</b> <b>Pilates (seniors)</b> Karen (45 mins)	
		<b>9:15</b> <b>Senior Spin</b> Alison (45 mins)	<b>9:15</b> <b>Spinning(All)</b> Ray	<b>10:15</b> <b>Senior Aquacise</b> Laurie	<b>9:15</b> <b>Pilates</b> Janine
	<b>10:15</b> <b>Cardio Sculpt (All)</b> Charmaine	<b>10:00</b> <b>Senior Yoga</b> Gloria	<b>9:15</b> <b>ZUMBA**(All)</b> Missy	<b>10:15</b> <b>ZUMBA Gold</b> Lisa	<b>9:15</b> <b>ZUMBA**(All)</b> Missy
		<b>10:15</b> <b>Senior Aquacise</b> Ellen		<b>11:00</b> <b>Senior Aerobics</b> Laurie	
	<b>6:00</b> <b>Total Tone (All)</b> Ellen	<b>11:00</b> <b>Senior Aerobics</b> Edith	<b>10:15</b> <b>ABSolute Core &amp; More (All)</b> Alison		<b>9:30</b> <b>Yoga*</b> Danielle
	<b>7:00pm</b> <b>ZUMBA (All)</b> Katonya	<b>1:45pm</b> <b>ZUMBA Tone Gold</b> Lisa		<b>8:00pm</b> <b>ZUMBA (All)</b> Nick	
		<b>7:00pm</b> <b>ZUMBA (All)**</b> Missy			

All classes are one hour, unless indicated.\*Additional fee required.\*\*ZUMBA in auditorium at this time unless otherwise noted. Schedule subject to change.  
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