

FreshFitness@YW



Ready to spice up your workout? Check out our new fitness “menu!” Fitness & Dance Manager Lateefah Fleming is putting a fresh spin on some YW favorites and adding plenty of tasty—and challenging—new options. New instructors, new times, new classes, new you—that’s FreshFitness@YW!

body, booty & abs *with Charmaine*

Combines hard core cardio with strength moves to build muscles and strength in the abs, glutes and all over. This is a full workout designed to challenge the body and mind.

Mon. 7:00 - 8:00 pm

aerobox *with Thomasiné*

A fun yet intense aerobic workout that includes punches, jabs, and body strikes. Jump rope, crunches and martial arts drills are incorporated for a real boxer’s workout!

Wed. 11:35 am - 12:20 pm

core & more *with Rita*

Balance and strength moves are incorporated to boost your core strength and stability, as well as lengthen and strengthen the spine. (multi-level)

Thurs. 7:30 - 8:15 pm

zumba® *with Claudia*

High-energy music and easy-to-learn Latin moves add excitement to routines featuring fast/slow aerobic intervals. Designed to burn fat and calories, tone and sculpt and deliver incredible results.

Thurs. 7:30 - 8:30 pm

circuit express *with Rita*

The choreography is simple, the cardio is low impact, but when combined with strength “stations” this class is intense! Cardio and strength are combined for maximum results that will really boost your health and fitness levels.

Thurs. 6:15 - 7:15 pm

safe and fit *with Colleen/Merrill*

Starting Saturday January 14. Our popular Safe and Fit program for active seniors is now available on Saturdays. Join Colleen and Merrill for an exhilarating workout!

Sat. 9:15 - 10:15 am

Flip the page for our NEW Session 3 Fitness Class Schedule!

For more information call Linda or Lateefah:
201-444-5600 ext. 348 or 351
112 Oak Street, Ridgewood, NJ 07450
www.ywcabergencounty.org

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ywca body shop "basic" and "plus" schedule

	mon.	tues.	wed.	thurs.	fri.	sat.
8:00 - 9:00 am						go for it Fran/Merrill vinyasa yoga Amy
8:45 - 9:30 am	morning mile plus fast firming Merrill	powerworks Lynn	walk with a twist Merrill	powerworks Christina	body insight Thomasiné	
9:00 - 10:00 am	aqua combo Victoria	aqua combo Diane		aqua combo Victoria	9:00 - 9:30 am aquatone Jackie	9:15 - 10:15 am safe & fit Colleen/Merrill
9:35 - 10:30 am	take 10 Merrill/Tammy	cardio strength mix Lynn	cardio blast Merrill	core fusion Christina	advanced sculpting Merrill	
10:35 - 11:30 am		safe & fit Diane	safe & strong Thomasiné	safe & fit Christina		
11:35 am - 12:20 pm			aerobox Thomasiné			
6:15 - 7:15 pm				circuit express Rita		
6:30 - 8:00 pm	lyengar yoga III Dusanka		lyengar yoga I & II Dusanka			
7:00 - 8:00 pm	body, booty & abs Charmaine	integrated pilates Alison				
7:30 - 8:30 pm		aqua combo Diane		aqua combo Diane zumba® Claudia core & more Rita		
8:00 - 9:00 pm	zumba® cardio & flat abs Lourdes		zumba® cardio & flat abs Lourdes			



Body Shop "Plus" classes are highlighted in orange.

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