



Long Branch Area YMCA

February 2023 FITNESS CLASS SCHEDULE

(February 6—March 3)

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:00am	Stretch & Flex Jan/Virgil		Stretch & Flex Jan/Virgil		Stretch & Flex Jan/Virgil
9:00am-10:00am	Spin Fusion Jessy		Spin Fusion Jessy		
10:00am-10:45am		Men's YOGA Dana		Men's YOGA Dana	
11:00am-11:45am		YOGA Dana		YOGA Dana	
11:00am-11:50am	FIT 50+ Jessy		FIT 50+ Jessy		
12:15pm-12:45pm		Spin Express Jessy		Spin Express Jessy	
4:40pm-5:10pm	Spin Express Dana		Spin Express Dana		
5:00pm-5:30pm		POUND Carrie		POUND Carrie	
5:30pm-6:20pm	YOGA Dana		YOGA Dana		
5:45pm-6:30pm		GYMFIT Kristi		GYMFIT Kristi	
6:00pm-7:00pm		HIIT Becky		HIIT Becky	

**Schedule subject to change

ALL FITNESS CLASSES ARE FREE TO MEMBERS