



# Long Branch Area YMCA

## 2025 February FITNESS CLASS SCHEDULE

(February 3 —February 28)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>8:00am-8:50am</b>		<b>Low Impact Aerobics</b> Video		<b>Low Impact Aerobics</b> Video	
<b>9:00am-10:00am</b>	<b>Stretch &amp; Flex</b> Jan/Virgil	<b>Spin &amp; Abs</b> Jessy	<b>Stretch &amp; Flex</b> Jan/Virgil	<b>Spin &amp; Abs</b> Jessy	<b>Stretch &amp; Flex</b> Jan/Virgil
<b>9:00am-10:00am</b>	<b>Spin Fusion</b> Jessy		<b>Spin Fusion</b> Jessy		
<b>10:00am-10:50am</b>		<b>YOGA</b> Dana		<b>YOGA</b> Dana	
<b>11:00am-11:50am</b>	<b>FIT 50+</b> Jessy		<b>FIT 50+</b> Jessy		
<b>12:15pm-12:45pm</b>		<b>Spin Express</b> Jessy		<b>Spin Express</b> Jessy	
<b>4:40pm-5:10pm</b>	<b>Spin Express</b> Dana		<b>Spin Express</b> Dana		
<b>4:45pm-5:20pm</b>	<b>HIIT</b> Becky				
<b>5:30pm-6:20pm</b>	<b>YOGA</b> Dana		<b>YOGA</b> Dana		
<b>5:45pm-6:30pm</b>		<b>GYMFIT</b> Kristi		<b>GYMFIT</b> Kristi	
<b>6:00pm-7:00pm</b>		<b>HIIT</b> Becky		<b>HIIT</b> Becky	

\*\*Schedule subject to change

\*\*ALL FITNESS CLASSES ARE FREE TO MEMBERS\*\*

**YMCA MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**