



Group Exercise Schedule

NORTH HANOVER YMCA

Monday

5:30 am	Les Mills RPM SB Kathleen Myers
5:30 am	GRIT SB Jaek Talbert
7:00 am	Cardio Fusion SB – Tracy S
8:00 am	Pilates SB Carrie Klunk
9:00am	Spin CR Kathleen Myers *
9:00am	Yoga MBS Tom Bankert *
9:00am	Silver and Fit SB Amy Despines *
10:00am	R.I.P.P.E.D SB Diane Dell *
11:00am	BODYPUMP SB Diane Dell *
4:30pm	Bodycombat Express SB Michelle Bankert
5:30pm	GRIT SB Jinny Kcehowski *
6:00pm	Zumba SB Michelle Bankert *
6:00pm	Gentle Yoga MBS Allison Giudsko *
7:00pm	Bodypump SB Mary Voss **

Wednesday

5:30 am	Les Mills RPM CR Kathleen Myers
5:30 am	GRIT SB Jake Talbert
7:00 am	Tabata SB Tracy S
8:00 am	Pilates SB Carrie Klunk
9:00am	Spin CR Tara Aiello **
9:00am	Stretch & De-Stress MSB Karen Menter*
9:00am	Silver and Fit SB Amy Despines *
10:00am	R.I.P.P.E.D SB Diane Dell *
11:00am	BODYPUMP SB Diane Dell *
4:00pm	Les Mills RPM CR McKenzie Cleary
4:30pm	CORE SB Michelle Bankert
5:00pm	Zumba SB Michelle Bankert *
6:00pm	Vinyasa Flow Yoga MBS Lynneah Smith*
6:00pm	GRIT SB Lindsay Bossi *
7:00pm	Bodypump SA Mary Voss *

Friday

6:00am	Circuit Training SB Sherri Ierley
7:00am	Toning SB Tracy S
8:00am	Pilates SB Karen Menter
9:00am	Spin CR Kathleen Myers *
9:00am	Yoga SB Tom Bankert *
10:00am	R.I.P.P.E.D SB Diane Dell *
11:00am	BODYPUMP EXPRESS SB Diane Dell *

Sunday

11:30am	GRIT SB Rotation *
12:00pm	BODYBALANCE SB Rotation *

Tuesday

6:00am	Cardio Fit SB Sherri Ierley
8:45am	Yoga & Meditation MBS Cindy Jeng*
9:45am	Flex and Fit SB JoAnne Sponseler *
10:00am	Chair Yoga MBS Cindy Jeng *
10:15am	Zumba Toning SB JoAnne Sponseller*
6:00pm	BODYCOMBAT SB Rotation *
6:00pm	Power Ride CR Carolyn Fiascki *
6:00pm	Outdoor Cycle OS Steve Shrader *
7:00pm	Les Mills Dance SB Michelle Stewart *

Thursday

5:30am	Strength Training SB Rotation
6:00am	Cardio Fit SB Sherri Ierley
9:00am	BODYCOMBAT SB Kristin Tucci *
10:15am	BODYBALANCE MBS Rotation *
10:15am	Zumba Toning SB JoAnne Sponseller *
5:00pm	Zumba SB Michelle Bankert *
6:00pm	Tone SB Judith Stewart *
6:00pm	Power Ride CR Carolyn Fiascki *
7:00pm	BODYBALANCE SB Ariana Gross *

Saturday

8:00am	BODYPUMP Heavy SB Ariana Gross
9:00am	Spin CR Kathleen Myers *
9:15am	BODYCOMBAT SB Rotation *
10:15am	TONE SB Judith Stewart *

* Child Watch available during this class.

Sign up for our
Group Me Messaging
for any schedule
changes or
cancellations.

Group Fitness Classes



LOCATION KEY

CR= Cycle Room
MBS= Mind Body Studio
OS= Outside
SB= Studio B
SA= Studio A