



Yoga/Pilates Schedule

Hillsborough YMCA

Created: 1/18/2019

Age requirement for group exercise classes is 13 years and older.

KEY:

MONDAY	CLASS	INSTRUCTOR	LOCATION
8:00 AM-8:45 AM	Barre Blend	Pam Z.	Aerobics
6:30 PM-7:25 PM	Yoga	JoAnn	Aerobics
TUESDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:25 AM	Yoga	Pauline	Aerobics
10:30 AM-11:20 AM	Pilates	Pam A.	Aerobics
8:00 PM-9:00 PM	Yoga	Michael	Aerobics
WEDNESDAY	CLASS	INSTRUCTOR	LOCATION
8:30 AM-9:25 AM	Pilates	Joe	Aerobics
6:30 PM-7:15 PM	Pilates	Ellie, Pam A., Janet Y.	Aerobics
<i>These 3 longtime instructors will rotate teaching this class.</i>			
THURSDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:20 AM	Pilates	Kyla	Aerobics
8:00 PM-9:00 PM	Yoga	Michael	Aerobics
SATURDAY	CLASS	INSTRUCTOR	LOCATION
9:00 AM-9:55 AM	Yoga Fusion	Vandana	Aerobics
SUNDAY	CLASS	INSTRUCTOR	LOCATION
9:30 AM-10:25 AM	Yoga Fusion	Vandana	Aerobics

CLASS DESCRIPTIONS

BARRE BLEND

This class fuses exercises from ballet, cardio, Pilates and Yoga into one class to challenge and tone the entire body. (All levels)

PILATES

This mat based exercise class strengthens and tones muscles, improves posture, provides flexibility and balance, and unites body and mind. (All levels)

YOGA

Let us help you get "centered". Our instructors will lead you through a series of poses that will build strength, flexibility, and lengthen your muscles. Meditation and relaxation will conclude your workout. (All levels)

YOGA FUSION

The best of Yoga, weight training, Pilates and cardio all rolled up into one for a total body intense fat-burning, muscle toning, core-strengthening workout!

For questions on group exercise or Y Cycle classes, please contact Lisa Welsh at lwelsh@somersetcountymmca.org.