



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# VIRTUAL GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNINGS</b>				
7:00a-7:40a <b>Pilates</b> *P Aimee *Hybrid =Virtual & In person at the branch. *P Piscataway	6:45a-7:45a <b>Pranayama Deep Breathing</b> Shuchi	10:00a-11:00a <b>Total Body HIIT</b> Hannah	9:15a-10:15a <b>Pilates</b> *S EJ *Hybrid =Virtual & In person at the branch. *S South Amboy	9:15a-10:30a <b>Yoga</b> Shuchi
11:00a-12:00p <b>Enhance Fitness</b> Tom			12:00p-12:45p <b>Chair Fitness</b> Elizabeth	
<b>EVENINGS</b>				
	5:00p-6:15p <b>Yoga</b> Sandy		6:30p-7:30p <b>Bolly X</b> Aanchal	
<b>SATURDAY</b>				
	9:15a-10:30a <b>Yoga</b> Shuchi	10:45a-11:45a <b>Bolly X</b> Aanchal	12:00p-12:45a <b>Chair Fitness</b> Elizabeth	