



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Spring II Group Fitness Schedule 4/30/18-6/24/18

MONDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise SPIN®	Heather F.	Spin Studio
7:30 AM	Moving with Martin	Martin	North Gym
8:25 AM	Pound	Kristina	North Gym
9:00 AM	Pickleball Open	Bill	East Gym
9:05 AM	Cardio Circuit	Kristina	North Gym
9:05 AM	SPIN®	Bonnie	Spin Studio
10:05 AM	Total Body Conditioning	Kirsten	North Gym
10:30 AM	Open Pickleball	Liza	East Gym
11:05 AM	AOA Dance	Christine L.	North Gym
12:05 PM	SilverSneakers® Sit Fit	Joyce	North Gym
6:00 PM	Tai Chi	Joe	Room A & B
6:00 PM	SPIN®	Crissy	Spin Studio
6:30 PM	Step & Sculpt	Anita	North Gym
7:00 PM	Tai Chi	Joe	Room A & B
7:15 PM	Yoga Intermediate	Ellen	Room D & E
7:30 PM	SPIN®	Dario	Spin Studio
7:30 PM	Zumba®	Valery	North Gym

TUESDAYS			
TIME	CLASS	INST.	ROOM
7:00 AM	Sunrise Yoqa	Ellen	North Gym
8:25 AM	Express H.I.I.T.	Kristina	North Gym
9:00AM	Open Pickleball	Bill	East Gym
9:05 AM	SPIN®	Monica	Spin Studio
9:05 AM	Step & Sculpt	Anita	North Gym
10:05 AM	Pilates Mat	Kirsten	North Gym
11:05 AM	Drums Alive®	Anita	North Gym
12:15PM	Lunch Break Power Yoqa	Heather F.	MPR A
5:00 PM	Beginner Yoga	Ellen	North Gym
6:00 PM	SPIN®	Dyna	Spin Studio
6:30 PM	Interval Training	Christine	North Gym
7:15 PM	SPIN®	Laura	Spin Studio

WEDNESDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise Boot Camp	Gus	North Gym
7:30 AM	Moving with Martin	Martin	North Gym
9:05 AM	Cardio Core	Audrey	North Gym
9:05AM	SPIN®	Heather F.	Spin Studio
10:05 AM	Express Ultimate Abs	Christine	North Gym
10:35 AM	Open Pickleball	Bill	East Gym
10:30 AM	Express Ultimate Body	Christine	North Gym
11:05 AM	AOA Cardio Conditioning	Stella	North Gym
12:05 PM	SilverSneakers® Sit Fit	Liza/Christina	North Gym
6:00 PM	SPIN®	Crissy	Spin Studio
6:15 PM	RIPPED	Kirsten	North Gym
7:00 PM	Yoga Advanced	Ellen	Room D & E
7:00 PM	Zumba®	Adele	North Gym
7:30 PM	SPIN®	Frank	Spin Studio

THURSDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise SPIN®	Dario	Spin Studio
7:00 AM	Sunrise Yoga	MJ	North Gym
8:25 AM	Express H.I.I.T	Kristina	North Gym
9:05 AM	SPIN®	Janine	Spin Studio
9:05 AM	AB Pak	Gus	North Gym
9:05 AM	Barre Fusion	Kristina	East Gym
10:05 AM	Zumba®	Valery	North Gym
11:15 AM	Gentle Yoga	Ellen	North Gym
12:30 PM	Chair Yoga	Ellen	North Gym
5:00 PM	Beginner Yoga	Ellen	North Gym
6:30 PM	SPIN®	Heather R.	Spin Studio
6:30 PM	RIPPED	Christine	North Gym
7:30 PM	SOCA	Deborah	North Gym

FRIDAYS			
TIME	CLASS	INST.	ROOM
7:30 AM	Moving with Martin	Martin	North Gym
9:05 AM	Zumba®	Dina	North Gym
9:05 AM	SPIN®	Dario	Spin Studio
10:05 AM	Total Body Conditioning	Kristina	North Gym
11:05 AM	AOA Cardio Conditioning	Kristina	North Gym
12:05 PM	SilverSneakers® Sit Fit	Sue	North Gym
1:00PM	Open Pickleball	Bill	East Gym
1:15 PM	Qigong	Ellen L.	North Gym
2:30 PM	Tai Chi	Joe	North Gym
6:30 PM	SPIN®	Frank	Spin Studio

SATURDAYS			
TIME	CLASS	INST.	ROOM
8:00 AM	SPIN®	Monica	Spin Studio
8:30 AM	Qigong	Ellen L.	Rooms D&E
9:00 AM	H.I.I.T	Tommy	North Gym
9:30 AM	SPIN®	Dyna	Spin Studio
10:00 AM	Zumba®	Loyd	North Gym
10:00 AM	Vinyasa Yoga	Jen	Room D & E
11:00AM	SPIN®	Heather F.	Spin Studio
11:15 AM	Slow Flow Yoga	Sandra	Room D&E
1:00 PM	Open Pickleball	Bill	East Gym

SUNDAYS			
TIME	CLASS	INST.	ROOM
7:45 AM	Sunrise Yoga	MJ	North Gym
9:00 AM	Cardio Interval Training	Kristina	North Gym
9:00 AM	SPIN®	Heather R.	Spin Studio
9:30 AM	Vinyasa Yoga	Sandra	D&E
10:00 AM	Insanity®	Kristina	North Gym
10:30 AM	SPIN®	Eddie	Spin Studio



We appreciate early-birds! Classes are closed to participants after 10 minutes of scheduled start time.

For safety reasons, late-comers may not be admitted to Spin or Yoga Classes.

Spin Classes are on a first come basis. List is outside spin door 30 minutes prior to class.

Save time, don't wait on line! Reserve a bike; Register for Spin! See Program Guide for pricing.

GET ENGAGED:

Liza Horner, Director of Healthy Lifestyles
lhorner@ymcanyc.org
718-981-4933

The above classes are FREE with Membership. Program Members are welcome to join the fun and participate in the above classes per 8 week session:

- \$104 - 1X weekly
- \$117 - 2x weekly
- \$135 - 3x weekly
- \$152 - 4x weekly

SMALL GROUP TRAINING SCHEDULE



SPRING II SESSION 4/30/18-6/24/18

MONDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	TRX Group Training	Gus	North Gym
10:10AM	MVe Chair Pilates	Cyndy	MPR
6:30PM	Nutrition	TBA	MPR
TUESDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Alpa-Training	Gus	North Gym
7:30 PM	Yoga Workshop (limited weeks)	TBA	Room B
7:30 PM	Kettlebells	Liza	North Gym
WEDNESDAYS			
TIME	CLASS	INST.	ROOM
9:00 AM	MVe Chair Pilates	Kirsten	MPR
7:15 PM	MVe Chair Pilates	Kirsten	MPR
THURSDAYS			
TIME	CLASS	INST.	ROOM
6:00AM	Ultimate Triple Threat	Gus	North Gym
FRIDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Kettlebells	Gus	North Gym
10:10 AM	MVe Chair Pilates	Kirsten	MPR
SATURDAYS			
TIME	CLASS	INST.	ROOM
8:00 AM	Kettlebells	Liza	North Gym

**Specialty Class -See Description for Pricing

MIX & MATCH CLASSES	
Member:	\$64-1X class \$96-2X classes \$149-3X classes \$189-4X classes \$225-5X classes
Program Members:	\$99-1X class \$149-2X classes \$199-3X classes \$249-4X classes \$299-5X classes

Alpha-Training This class incorporates TRX, kettlebells and free weights to build core strength, stamina & endurance. the program will help develop muscle strength & discipline & prepare you for adventure races & other challenges.

Members: \$64 1x a week per 8-week session
 Program Participant: \$99 1x a week per 8-week session

Kettlebell Class This scorching 45 minute mix workout, builds lean muscle, burns fat and takes your body to new limits.

Members: \$64 1x a week per 8-week session
 Program Participant: \$99 1x a week per 8-week session

MVe Chair Pilates This heart pumping cardio driven class, set to upbeat music combines strength, balance, endurance and core stability while working on the Pilates MVe Chair. This class will wake your body up challenging core strength and stability. These workouts are fun energetic and produce great results. It's a total body workout.

Members: \$64 x a week per 8-week session
 Program Participant: \$99 1x a week per 8-week session

Latin Dance I and II Specialty Class** This class will teach you the basics of Salsa and other popular dances including Mambo, Cha Cha, Rumba and more. A partner is not necessary to participate. Please wear leather-soled shoes. **This is a four-week class. Please contact Liza for start dates.**

Members: \$45 per person; \$80 per couple
 Program Participant: \$59 per person; \$104 per couple

TRX Group Training Train with a TRX Certified Personal Trainer. This workout leverages gravity and body weight to perform exercise for a fast and effective total body workout. Build a rock solid core and increase muscular endurance. This benefits all fitness levels.

Members: \$64 1x a week per 8-week session
 Program Participant: \$99 1x a week per 8-week session

Ultimate Triple Threat-Kettlebells, Ropes & Kickboxing

Kettlebells provide a high intensity training mode that is more effective for fat loss, increasing strength and endurance. Battle Ropes are added to offer full body strength training, targeting your core and upper body as well as an intense cardio challenge. Lastly, Kickboxing will improve your strength, speed, flexibility, coordination and balance. Together these exercises will confuse and surprise your muscles making this the most time effective training for your entire body.

Members: \$64 1x a week per 8-week session

Try our SPECIALTY CLASSES:

NUTRITION CLASS:

Monday @6:30pm
 Tuesday @ 10:30am

GUITAR CLASS:

Tuesdays @ 5:00pm & 6:00pm

PICKLEBALL:

Skills & Drills Wednesday @9:00am
 Beginner Lessons Friday @9:00am
 Saturday @ 12:00pm

ADULT FENCING :

Sunday @9:00am

See our Spring II/Summer Program Guide or contact our branch for pricing.

WE'RE HERE TO HELP PERSONAL TRAINING

Looking for a new challenge or need some additional motivation? A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

KETTLEBELL TRAINING
 PILATES REFORMER
 CORE TRAINING
 TRX TRAINING
 BATTLE ROPES

ONE-TO-ONE TRAINING AGES 12 AND UP

PERSONAL TRAINING PRICING

# Sessions:	1	5	10	20
Member:	\$55	\$250	\$440	\$855
Program Member:	\$88	\$400	\$700	\$1350