



GROUP EXERCISE SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHINATOWN YMCA

10/30/2017 - 12/23/2017						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Yoga 6:45am-8:00am MP / Alexandria	SilverSneakers® Classic 9:00am-9:50am Studio / Tony	Vinyasa Yoga 6:45am-8:00am MP / Alexandria	SilverSneakers® Classic 9:00am-9:50am Studio / Demetra	Vinyasa Yoga 6:45am-8:00am MP / Alexandria	Beginner Tai Chi** 8:00am-9:00am Studio / Tina	Vinyasa Yoga 10:00am-11:30am Studio / Susie
Tai Chi** 9:00am-10:00am Gym / Tina	Hatha Yoga** 10:00am-11:20am MP / Anne	Tai Chi 9:00am-10:00am Gym / Tina	Hatha Yoga** 10:00am-11:20am MP / Anne	Zumba®** 9:00am-9:55am Studio / Demetra	Tai Chi 9:00am-9:55am Studio / Juan	Step & Sculpt 11:30am-12:30pm MP / Migdalia
Water Aerobics 10:00am-11:00am Pool / Demetra	Tai Chi Fan 10:15am-11:15am Gym / Lafi	Spin® 9:15am-10:00am Studio / Kevin	KettleBell 6:00pm-6:45pm MP / Mark	Vinyasa Yoga 10:00am-11:20am Studio / Anne	Vinyasa Yoga 12:00pm-1:20pm MP / Dilshad	BollyX® 12:45pm-1:45pm Studio / Dawn
Chair Yoga 10:00am-11:00am Studio / Jason	Belly Dance 6:00pm-6:45pm MP / Anna	Water Aerobics 10:00am-11:00am Pool / Tetyana	Zumba® 7:00pm-8:00pm Gym / Migdalia	Water Aerobics 10:30am-11:30am Pool / Demetra	Pilates Mat 3:00pm-4:00pm Studio / Mary	Power Vinyasa Yoga 2:00pm-3:00pm Studio / Jason
Pilates Mat 11:15am-12:00pm MP / Mary	Spin® 6:00pm-6:45pm Studio / Blake	Vinyasa Yoga 10:10am-11:20am Studio / Anne	Insanity® 7:00pm-7:45pm MP / Mark	Beginner Pilates Mat** 11:30am-12:30pm Studio / Mary	Masala Bhangra® 4:15pm-5:15pm Studio / Asmita New Time, Location or Instructor New Class	
Step 11:30am-12:30pm Studio / Migdalia	Water Aerobics 7:00pm-7:50pm Pool / Tetyana	Zumba® 12:00pm-12:50pm MP / Dawn	Advanced Vinyasa Yoga 8:00pm-9:30pm MP / Emily	Stretch 6:00pm-7:00pm MP / Jared		
Ultimate Cardio 6:15pm-7:00pm MP / Demetra	Pilates Mat 7:00pm-8:00pm MP / Emily	Boot Camp 6:00pm-6:45pm MP / Mark		Hatha Yoga 7:15pm-8:30pm MP / Jared		
Zumba® 7:00pm-8:00pm Gym / Jorge	BollyX® 7:00pm-8:00pm Studio / Dawn	Tai Chi 6:00pm-6:45pm Studio / Tina		Bollywood 7:15pm-8:00pm Studio / Anna		
Barre Workout 7:10pm-7:55pm MP / Emily	Insanity® 8:15pm-9:00pm MP / Mark	Cardio Dance 7:00pm-7:50pm MP / Emily				
Vinyasa Yoga 8:00pm-9:30pm MP / Emily		Stability Ball Training 8:00pm-8:45pm MP / Emily				

ALL CLASSES ARE FREE FOR MEMBERS!

Studio Descriptions:

MP - Multi-purpose Room (lower level)
Pool (lower level)
Studio (upper level)
Gymnasium (upper level)

Spinning and Step registration is at the Member Services Desk beginning one hour prior to class start.

Please be considerate of your classmates, refrain from entering class more than 10 minutes late.

** Beginner friendly classes!

Check our website or download our mobile app to stay current with all schedules! Schedule is subject to change.

CLASS DESCRIPTIONS

BARRE WORKOUT

Strengthen and tone your body with this ballet-inspired workout. No dance experience necessary.

BELLY DANCE

A dance movement class focusing on core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements.

BOLLYWOOD

A fun dance to Indian rhythms and music.

BOLLY X

A Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. Open to all fitness levels.

BOOT CAMP

A challenging workout for you entire body using calisthenics such as push-ups, jumping jacks, crunches and other body weight exercises.

CARDIO DANCE

A rhythmic choreographed aerobic workout to dance music

CARDIO KICKBOXING

This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

CHAIR YOGA

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

HATHA YOGA

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

INSANITY®

Insanity live! Workout in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity during your entire workout. You keep pushing your limits—so your body has to adapt.

Kettlebell

The total boy workout that blends highly effective techniques for improving muscular endurance.

Masala Bhangra®

Masala Bhangra® is an Indian-dance based program, designed for people of all ages and fitness level.

PILATES MAT

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury, and build strength & flexibility.

STABILITY BALL TRAINING

Learn how to use your core more effectively and focus on strength training using stability ball.

STEP

Using an aerobic step, participants follow choreography and step up and down to the music.

SILVER SNEAKERS® - Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SPIN®

An intense cardio workout of a simulated road bike riding to energizing music.

TAI CHI

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

ULTIMATE CARDIO

An intense cardio workout that will keep your heart rate up. Be ready for a variety of cardio drills and routines.

VINYASA YOGA

Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

WATER AEROBICS

An instructional class of aerobic movements performed in the water to improve cardiovascular fitness and flexibility.

ZUMBA®

Takes the "work" out of workout, by maximizing low-intensity moves and high-intensity moves for an interval-style, calorie-burning dance fitness party.

肚皮舞

這個舞蹈健身課測重於鍛煉核心肌肉,肌肉強調隔離,同時跳舞學習中東節奏和傳統動作的組合。

體重訓練營

利用自己的身體重量, 同時執行需要的功能強度和靈活性, 同時需要各種肌肉群的運動, 這個是一個非常動態的鍛煉, 此鍛煉會幫助您燃燒卡路里和收身。

寶來塢肚皮舞

融合了傳統和民間舞蹈, 古典的印度舞, 和西方的影響, 如爵士, 嘻哈, 和獨特的現代風味的傳統肚皮舞。一個易於遵循的舞蹈, 將有助您出汗和歡笑! 不需要任何舞蹈和音樂知識。

有氧腹部健身

使用啞鈴, 體重訓練和心血管培訓相結合, 結合高強度的有氧訓練, 使用權重量練習高能量級別, 以提高您的整體健康調理。

核心訓練和平衡

此課程側重於腹部, 背部, 利用平衡和穩定, 有效的改善您的姿勢, 並加強您的中間部分核心肌肉。

家庭瑜珈

一個充滿樂趣的瑜珈班, 整個家庭可以放鬆心情, 共享歡樂。這個課程可以幫助您和孩子找到力量, 柔軟性和沉穩度。孩子3歲或以上可以在成年人的陪同下參加。

哈達瑜珈

瑜珈集成姿勢, 呼吸練習, 放鬆和冥想伸展, 加強力量和調節。歡迎任何程度者參加。

瘋狂健身操

是一種革命性以心為基礎的全身調理方案基於最強間歇訓練的原理, 此課程推動參與者新的訓練高峰, 從而小好更多的熱量, 更快有結果, 並更有效的推動新陳代謝。瘋狂健身操的間歇訓練營是有氧訓練的巔峰之作。

拳腿擊健身

這種高能課程結合了肌肉調理的出拳和踢腿結合, 在一個容易遵循的編排上。加上重量訓練和力量的動作以確保讓你流汗。

席上普拉提

基於原有的普拉提技術, 這個課程的目的是恢復肌肉平衡, 改善體態, 有助於防止受傷, 並建立力量和靈活性。歡迎任何程度者參與。

皮瑜塑身

是一個完整的身體鍛煉, 有助於通過融合瑜珈和普拉提的建設力量, 耐力和靈活性。任何健身程度都適合, 這種低衝擊課程不但燃燒熱量, 還幫助您健力長期的精益肌肉。

銀鞋® - 肌肉力量和活動範圍

通過一系列的運動提高肌肉力量, 運動範圍, 以及日常生活技能訓練活動隨著音樂移動, 手持式啞鈴, 彈性管和手柄, 和球的組力, 以及利用椅子坐着或站立支持。

模擬道路自行車®

一個組合了心肺模擬道路騎自行車和活力音樂的鍛煉來加強和幫助你塑身。您可以根據您的健身計劃需要來安排模式。導師會幫助您達到健身目標。

拉伸伸展

適合所有年齡段的人達到最大的放鬆, 拉伸, 延長緊繃的肌肉。可以幫助提高運動範圍, 這意味着您的肢體和關節可以移動通過一個更大的範圍, 幫助低擋傷害。同時也增加血液循環和更高的能量水平。

太極

一個古老形式的心身鍛煉, 使用形式, 緩慢動作的冥想練習放鬆, 健康和自衛。

青少年訓練營

面對青少年這一高效的線路訓練鍛煉挑戰整個身體, 利用課間操, 如俯臥撐, 跳躍, 仰臥起坐和其他身體重量練習等。

強力芭力

一種新的方法來獲取適合的色調, 雕刻和定義臀肌, 雙腿和腹部, 增強身體核心, 手臂均衡, 肩膀和背部, 在輕鬆愉快, 非評判和強力課程設置。歡迎任何程度者參與。

流瑜加

通過加強呼吸技巧融合完成一系列的流暢瑜珈動作。

水中健身操

一個高耗能的水中有氧課程, 包括力量訓練和伸展。

森巴舞®

森巴舞是拉丁舞和國際音樂的融合, 利用各種舞步創造一個充滿活力, 令人興奮的有效健身計劃。根據不同的快慢節奏, 音樂, 組合成一整套有效的有氧訓練和塑身。

家庭森巴舞®

這是一種高能量的舞蹈健身課程揉合了特別的編排適合家庭參與! 父母熱愛森巴舞因為它對孩子有一定的影響力, 增加他們的專注力, 和自信, 促進新陳代謝, 和加強協調。兒童(4-12歲)必須由成年人陪同。



小組健身時間表

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華埠青年會

10/30/2017 - 12/23/2017

星期一	星期二	星期三	星期四	星期五	星期六	星期日
流瑜伽 6:45am-8:00am MP / Alexandria	銀鞋 9:00am-9:50am 舞蹈室 / Tony	流瑜伽 6:45am-8:00am MP / Alexandria	銀鞋 9:00am-9:50am 舞蹈室 / Demetra	流瑜伽 6:45am-8:00am MP / Alexandria	初學者太極** 8:00am-8:50am 舞蹈室 / Tina	流瑜伽 10:00am-11:30am 舞蹈室 / Susie
太極** 9:00am-10:00am 體育室 / Tina	哈達瑜珈** 10:00am-11:20am MP / Anne	太極 9:00am-10:00am 體育室 / Tina	哈達瑜珈** 10:00am-11:20am MP / Anne	森巴舞** 9:00am-9:55am 舞蹈室 / Demetra	太極 9:00am-10:00am Studio / Juan	步級 11:30am-12:30pm MP / Migdalia
水中健身操 10:00am-11:00am 游泳池 / Demetra	太極粉絲 10:15am-11:15am MP / Lafi	模擬道路自行車 9:15am-10:00am 舞蹈室 / Kevin	跆拳道 6:00pm-6:45pm MP / Mark	流瑜伽 10:00am-11:20am 舞蹈室 / Anne	流瑜伽 12:00pm-1:20pm MP / Dilshad	寶來塢肚皮舞 12:45pm-1:45pm 舞蹈室 / Dawn
椅子瑜珈 10:00am-11:00am 舞蹈室 / Jason	肚皮舞 6:00pm-6:45pm MP / Anna	水中健身操 10:00am-11:00am 游泳池 / Tetyana	森巴舞 7:00pm-8:00pm 體育室 / Migdalia	水中健身操 10:30am-11:30am 游泳池 / Demetra	席上普拉提 3:00pm-4:00pm 舞蹈室 / Mary	流瑜伽 2:00pm-3:00pm 舞蹈室 / Jason
席上普拉提 11:15am-12:00pm MP / Mary	模擬道路自行車 6:00pm-6:45pm 舞蹈室 / Blake	流瑜伽 10:10am-11:20am 舞蹈室 / Anne	瘋狂健身操 7:00pm-7:45pm MP / Mark	初級席上普拉提** 11:30am-12:30pm 舞蹈室 / Mary	寶來塢肚皮舞 4:15pm-5:15pm 舞蹈室 / Asmita	
步級 11:30am-12:30pm 舞蹈室 / Migdalia	水中森巴舞 7:00pm-8:00pm 游泳池 / Tetyana	森巴舞 12:00pm-12:50pm MP / Dawn	流瑜伽 8:00pm-9:30pm MP / Emily	伸展 6:00pm-7:00pm MP / Jared		
拳腿擊健身 6:15pm-7:00pm MP / Demetra	席上普拉提 7:00pm-8:00pm MP / Emily	青少年訓練營 6:00pm-6:45pm MP / Mark		哈達瑜珈 7:15pm-8:30pm MP / Jared		
森巴舞 7:00pm-8:00pm 體育室 / Jorge	寶來塢肚皮舞 7:00pm-8:00pm 舞蹈室 / Dawn	太極 6:00pm-6:45pm 體育室 / Tina		寶來塢肚皮舞 7:15pm-8:00pm 舞蹈室 / Anna		
強力芭力 7:10pm-7:45pm MP / Emily	有氧腹部健身 8:15pm-9:00pm MP / Mark	舞蹈心 7:00pm-7:50pm MP / Emily				
流瑜伽 8:00pm-9:30pm MP / Emily		核心訓練和平衡 8:00pm-8:40pm MP / Emily				

新的時間 &
新的地點

新的課程 開始

舞蹈室描述:

MP - 多用途室(低層)
游泳池(低層)
舞蹈室(上層)
體育室(上層)

模擬道路自行車必須在上課一小時前至會員服務前檯登記。

請體諒您的同學, 遲到十分鐘將不得進入所有課程。

** 歡迎初學者課程!
所有的課程均對華埠青年會會員免費開放!

查詢我們的網頁或下載 我們的手機程式獲得最新時間表! 時間表可能隨時會有變動。

