



CROSS ISLAND YMCA SUMMER GROUP EXERCISE SCHEDULE



Summer Schedule Begins July 3rd

MONDAY

6:00 AM	9:00 AM	Water Walking	NA	JK Pool
7:00 AM	7:50 AM	Kettlebell Circuit	Sahib	Studio A
8:00 AM	9:00 AM	Total Body Conditioning	Sahib	Studio A
9:00 AM	9:45 AM	Water Aerobics	Louise	JK Pool
9:15 AM	10:15 AM	Zumba®	Debra	Studio A
9:15 AM	10:15 AM	Yoga	Kevin	Gym
10:30 AM	11:30 AM	AOA Cardio Conditioning	Cindy	Gym
10:30 AM	11:30 AM	Line Dancing	Debra	Studio A
11:45 AM	12:30 PM	Restorative Yoga	Nita	Studio A
12:00 AM	12:45 PM	Arthritis Class	Louise	JK Pool
1:00 PM	1:45 PM	AOA Water Aerobics	Jewel	JK Pool
6:15 PM	7:00 PM	Spin®	Henry	Studio A
7:00 PM	8:00 PM	Zumba®	Frances	Gym
7:15 PM	8:15 PM	PiYo®	Petra	Studio A
8:30 PM	9:30 PM	Water Aerobics	Cindy	JK Pool
8:30 PM	9:30 PM	Zumba Toning®	Jo-Ann	Studio A

WEDNESDAY

6:00 AM	9:00 AM	Water Walking	NA	JK Pool
7:00 AM	7:50 AM	Kettlebell Circuit	Sahib	Studio A
8:00 AM	8:50 AM	Total Body Conditioning	Sahib	Studio A
9:00 AM	9:45 AM	Water Aerobics	Louise	JK Pool
9:15 AM	10:15 AM	AOA Strength Training	Joyce	Gym
9:15 AM	10:00 AM	Vinyasa Yoga	Kevin	Studio A
10:30 AM	11:30 AM	AOA Total Body Conditioning	Joyce	Gym
10:30 AM	11:30 AM	Zumba Sentao®	Debra	Studio A
11:45 AM	12:45 PM	Zumba Gold®	Debra	Studio A
12:00 PM	12:45 PM	Arthritis Class	Louise	JK Pool
1:00 PM	1:45 PM	Water Aerobics	Kerri	JK Pool
4:00 PM	4:45 PM	Dance Party	Colleen	Studio A
4:45 PM	5:15 PM	Ultimate Abs	Colleen	Studio A
6:00 PM	6:50 PM	Total Body Conditioning	Aparna	Studio A
7:00 PM	8:00 PM	Cardio Kickboxing	Mel	Studio A
7:00 PM	8:00 PM	Beginner's Hatha Yoga	Gracy	Studio B
8:00 PM	9:00 PM	Spin®	Nita	Studio A
8:30 PM	9:30 PM	Water Aerobics	Karen	JK Pool
9:00 PM	9:30 PM	Ultimate Abs	Nita	Studio A

TUESDAY

6:00 AM	9:00AM	Water Walking	NA	JK Pool
7:00 AM	7:50 AM	Boot Camp	Sahib	Studio A
8:00 AM	9:00 AM	Tai Chi	Darryl	Gym
8:00 AM	8:50 AM	Stretching	Selena	Studio B
9:00 AM	9:55 AM	Zumba Gold ®	Debra	Studio A
9:00 AM	9:45 AM	Water Aerobics	Louise	Small Pool
9:00 AM	9:55 AM	Yoga	Kevin	Studio B
9:45 AM	10:30 AM	AOA Sit Fit	Louise	Gym
10:00 AM	11:00 AM	Stretching	Selena	Studio B
10:30 AM	11:30 AM	Zumba®	Debra	Gym
10:30 AM	11:30 PM	Gentle Yoga	Ronnie	Studio A
1:00 PM	2:00 PM	AOA Water Aerobics	Louise	JK Pool
3:00 PM	4:00 PM	Water Ex. For Adults with Disabilities	Jean	JK Pool
6:00 PM	7:00 PM	POUND	Kerri	Studio A
7:00 PM	8:00 PM	Beginner's Hatha Yoga	Gracey	Studio B
7:15 PM	8:10 PM	Total Body Conditioning	Petra	Gym
8:15 PM	9:15 PM	Zumba®	Jo-Ann	Gym
8:15 PM	9:15 PM	Stretching	Betsy	Studio A
8:30 PM	9:30 PM	Water Aerobics	Doreen	JK Pool

THURSDAY

6:00 AM	9:00 AM	Water Walking	NA	JK Pool
7:15 AM	8:00 AM	Vinyasa Yoga	Kevin	Studio A
8:00 AM	8:50 AM	Stretching	Selena	Studio B
8:30 AM	9:20 AM	Cardio Salsa	Darryl	Gym
8:30 AM	9:30 AM	Pilates Mat	Samantha	Studio A
9:00 AM	10:00 AM	Water Aerobics	Joyce	Small Pool
9:30 AM	10:30 AM	AOA Sit Fit	Louise	Gym
9:45 AM	10:30 AM	Zumba®	MJ	Studio A
10:00 AM	11:00 AM	Stretching	Selena	Studio B
10:45 AM	11:45 AM	Gentle Yoga	Kevin	Studio A
10:45 AM	11:45 AM	Line Dancing	Debra	Gym
12:00 AM	12:45 PM	Water Aerobics	Louise	JK Pool
12:00 PM	1:00 PM	Ageless Grace	Debra	Studio A
6:00 PM	7:00 PM	Zumba Step®	Kerri	Studio A
7:00 PM	8:00 PM	Strong by Zumba®	Jo-Ann	Gym
7:00 PM	8:00 PM	Beginner's Hatha Yoga	Gracy	Studio B
7:15 PM	8:00 PM	Spin®	Paul	Studio A
8:15 PM	9:00 PM	Dancehall Reggae	Colleen	Gym
8:15 PM	9:00 PM	Masala Bhangra®	Vivian	Studio A
8:30 PM	9:30 PM	Water Aerobics	Jewel	JK Pool

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Summer Schedule Begins July 3rd

FRIDAY				
6:00 AM	- 8:45 AM	Water Walking	NA	JK Pool
7:00 AM	- 7:50 AM	Cardio Circuit	Alice	Studio A
8:00 AM	- 8:50 AM	Spin®	Maggie	Studio A
9:00 AM	- 9:50 AM	Zumba®	Debra	Gym
9:00 AM	- 9:45 AM	Water Aerobics	Louise	Small Pool
9:00 AM	- 9:50 AM	Hi-Lo Cardio	Jewel	Studio A
10:00 AM	- 10:50 AM	Hatha Yoga	Jason	Gym
11:00 AM	- 12:15 PM	AOA Cardio Conditioning	Cindy	Gym
11:45 AM	- 12:30 PM	Water Aerobics	Louise	JK Pool
11:45 AM	- 12:45 PM	Restorative Yoga	Nita	Studio A
3:00 PM	- 4:00 PM	Water Ex. for Adults with Disabilities	Colleen	JK Pool
6:30 PM	- 7:30 PM	Spin®	Henry	Studio A
6:30 PM	- 7:30 PM	Hatha Yoga	Gracy	Room A
7:30 PM	- 8:30 PM	Boot Camp	Sahib	Room A
7:45 PM	- 8:45 PM	Zumba®	Frances	Studio A
8:30 PM	- 9:00 PM	Ultimate Abs	Sahib	Room A

Child Watch is Available for youth ages 6months - 7 years

Child Watch Hours:

Monday - Friday 9:00 AM - 12:00 PM and 6:00 PM - 9:00 PM

Saturdays: 9:00 AM - 2:00 PM

Sundays: 11:00 AM - 2:00 PM

See program guide for full details

Don't forget to check out our Kid's Fitness Class Schedule!

SATURDAY				
7:30 AM	- 8:30 AM	Yoga	Neeraja	Room A
8:00 AM	- 9:00 AM	Water Walking	NA	JK Pool
8:00 AM	- 8:45 AM	Spin®	Petra	Studio A
9:00 AM	- 9:50 AM	Cardio Fusion	Aparna	Studio A
10:00 AM	- 11:00 AM	Total Body Conditioning	Lori	Studio A
10:00 AM	- 11:00 AM	Family Zumba®	Frances	Room A
3:00 PM	- 4:30 PM	Cardio Kickboxing	Mel	Studio A

SUNDAY				
7:45 AM	- 8:30 AM	Spin®	Henry	Studio A
8:00 AM	- 9:00 AM	Water Aerobics	Jewel / Louise	JK Pool
9:00 AM	- 10:00 AM	Water Aerobics	Jewel / Louise	JK Pool
9:00 AM	- 9:55 AM	Stretching	Sahib	Studio B
9:15 AM	- 9:45 AM	Express Spin®	Petra	Studio A
9:50 AM	- 10:20 AM	Express Total Body	Petra	Studio A
10:15 AM	- 11:15 AM	Tai Chi	Rudy	Room A
10:30 AM	- 11:30 AM	Zumba®	MJ	Studio B
10:30 AM	- 11:30 AM	Step + Conditioning	Lori	Studio A
12:00 PM	- 12:50 PM	Beginner's Total Body	Sahib	Studio A
1:00 PM	- 2:00 PM	HIIT	Sahib	Studio A

All class descriptions are located in the program guide and online at
ymcanyc.org/crossisland

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