

DODGE Y GROUP FITNESS SCHEDULE

Please sign in for Jazz, GRIT, Body Pump & Spin® & CXWorx at Welcome Desk.

*Available 1 hour before class begins.

DOWNLOAD THE APP! YMCA of Greater NY - Select Dodge.

*This session schedule does not show last minute changes, please refer to the app!

Mondays AM

6:00 - 6:45am	Spin®	Adria	Spin Studio
7:00 - 8:00am	Aqua Aerobics	Simone	Pool
6:30 - 7:30am	Pilates Ball	Jenn	Studio A
8:00 - 9:00am	Hatha Yoga	Mare	Studio B
9:30 - 10:00am	GRIT Cardio™	Oliver	Studio A
10:05 - 10:35am	CXWorx™	Oliver	Studio A
9:30 - 10:30am	Prenatal Yoga	Anna	Studio B
10:30 - 11:30am	AOA Cardio Conditioning	Akwesi	Studio B
10:45 - 11:45am	Baby and Toddler Yoga	Anna	Studio C
10:45 - 11:45am	ZUMBA	Sophia	Studio A
12:00 - 12:45pm	Spin®	Petra	Spin Studio
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
12:00 - 1:00pm	Aqua Aerobics	Simone	Pool

Tuesdays AM

6:30-7:00am	GRIT Strength™	Hannah	Studio A
7:00 - 8:00am	Aqua Aerobics	Simone	Pool
9:00 - 9:55am	Total Body Conditioning	Tanya	GYM
9:00 - 10:30am	Vinyasa Yoga	Naomi	Studio B
10:00 - 10:45am	Spin®	Miranda	Spin Studio
10:00 - 11:00am	ZUMBA	Natarsha	Studio A
10:30 - 11:30am	Beginner Hatha Yoga	Jane	Studio B
11:00 - 12:00pm	AOA Cardio Conditioning	Avion	Studio A
11:30 - 12:30pm	Hatha Yoga	Jane	Studio B
12:00 - 12:30pm	Core Training	Avion	Studio A
12:00 - 1:00pm	Aqua Aerobics	Simone	Pool

Wednesday AM

6:00 - 6:45am	Spin®	Adria	Spin Studio
7:00 - 8:00am	Aqua Aerobics	Simone	Pool
8:30 - 10:00am	Hatha Yoga	Mare	Studio B
8:45 - 9:30am	BodyPump Express™	Petra	Studio A
9:40 - 10:10am	GRIT Cardio™	Beth	Studio A
10:00 - 11:20am	Spin & Sculpt	Miranda	Spin Studio
10:15 - 11:15am	Pilates Mat	Sophia	Studio A
11:30 - 12:30pm	Core Training	Mare	Studio B
11:30 - 12:30pm	Tai Chi	Phil	Studio A
12:00 - 12:45pm	Spin®	Miranda	Spin Studio
12:00 - 1:00pm	Aqua Zumba	Alma	Pool

Thursday AM

6:30 - 7:00am	GRIT Strength™	Hannah	Studio A
7:00 - 8:00am	Aqua Aerobics	Simone	Pool
9:00 - 9:55am	Total Body Conditioning	Tanya	GYM
9:30 - 10:30am	Tai Chi Sword	Phil/Rebecca	Studio A
10:00 - 10:55am	Spin®	Petra	Spin Studio
11:00 - 11:30am	CXWorx™	Petra	Studio A
10:30 - 11:30am	Beginner Hatha Yoga	Jane	Studio B
10:55 - 11:55am	AOA Cardio Conditioning	James	GYM
11:30 - 12:30pm	Hatha Yoga	Jane	Studio B
12:00 - 1:00pm	Chair Yoga	Dominique	Studio A
12:00 - 1:00pm	Aqua Aerobics	TBD	Pool

Friday AM

6:00 - 6:45am	Spin®	Alma	Spin Studio
7:00 - 8:00am	Aqua Aerobics	Sharri	Pool
9:00 - 9:55am	Trampoline Fitness	Alma	Studio A
9:15 - 10:15am	AOA Cardio Conditioning	Akwesi	Studio B
9:30 - 10:00am	GRIT Cardio™	Chelsea	GYM
10:00 - 10:55am	Total Body Conditioning	Alma	Studio A
10:05 - 10:35am	CXWorx™	Petra	GYM
11:00 - 11:45am	Spin®	Sharri	Spin Studio
11:00 - 11:50am	Pilates Mat	Sophia	Studio A
12:00 - 1:00pm	BodyPump™	Sophia	Studio A

Saturday AM

7:30 - 9:00am	90- min Spin® Every other Sat. Begins Jan. 13	Bob	Spin Studio
8:00 - 9:00am	BodyPump™	Tyrice	GYM
9:15 - 10:15am	Spin®	Bob	Spin Studio
9:10 - 9:40am	GRIT Cardio™	Chelsea	Studio A
9:50 - 10:50am	Tai Chi	Phil	Studio A
10:30 - 11:30am	Spin®	Catherine	Spin Studio
10:30 - 12:00pm	Vinyasa Yoga - Intermediate	Dominique	Studio B
11:00 - 12:00pm	Cardio Kickboxing	Tyrice	Studio A
12:00 - 1:00pm	Gentle Yoga	Dominique	Studio B

Sunday AM

8:30 - 9:30am	Trampoline Fitness	Jennifer	Studio A
9:00 - 9:45am	Spin®	Aynsley	Spin Studio
9:00 - 10:00am	BodyCombat™	Petra	Studio B
9:30 - 10:30am	Total Body Conditioning	Avion	Studio A
10:00 - 11:00am	Spin®	Aynsley	Spin Studio
10:00 - 11:00am	Pilates Mat	Sophia	Studio B
10:30 - 11:30am	Step & Sculpt	Avion	Studio A
11:00 - 12:00pm	Pre-Natal Yoga	Dominique	Studio B
11:30 - 12:45pm	Hip-Hop	Ray	Studio A
12:00 - 1:00pm	Hatha Yoga	Dominique	Studio B

SESSION 1 January 2 - February 25

ALL CLASSES INCLUDED WITH MEMEBRSHIP!

Monday PM				
12:30 - 1:30pm	Vinyasa Yoga		Naomi	Studio B
1:15 - 2:15pm	AOA Cardio Conditioning	☀️	Avion	Studio A
2:30 - 3:30pm	AOA Strength Training		Avion	Studio A
4:30 - 6:00pm	Led Ashtanga Yoga	🔥	Naomi	Studio B
6:00 - 7:00pm	Total Body Conditioning		Alma	GYM
6:00 - 7:00pm	ZUMBA		Natarsha	Studio A
6:30 - 8:00pm	Power Yoga	🔥	Emily	Studio B
7:00 - 7:30pm	Core Connection		Alma	Studio C
7:00 - 8:00pm	BodyPump™		Tyrice	GYM
7:00 - 8:00pm	Spin®		Emily	Spin Studio
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
7:00 - 8:00pm	Aqua Aerobics	🏊	TBD	Pool
8:05 - 9:05pm	Pilates Mat	🔥	Sophia	Studio A

Tuesday PM				
12:30 - 1:15 pm	Retro Dance Party	☀️	James	Studio A
12:45 - 1:45pm	Stretch		Jane	Studio B
1:30 - 2:30pm	Chair Yoga	☀️	Dominique	Studio A
4:45 - 5:45pm	YMVP Teen Group Fitness Class	♥️	Victoria	Studio A
5:30 - 6:30pm	Spin®		Alma	Spin Studio
5:45 - 6:45pm	M.E.L.T.®	🔥	Jane	Studio B
6:00 - 6:30pm	GRIT Mix™	🔥	Chelsea	Studio A
6:00 - 7:00 pm	Prenatal Yoga		Anna	Conf. Rm
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:30pm	Hatha Yoga		Mare	Studio B
7:30 - 8:30pm	Total Body Conditioning		Alma	Studio A

Wednesday PM				
12:30 - 1:00pm	Stretching		Mare	Studio B
1:00 - 2:00pm	M.E.L.T.®		Jane	Studio B
2:00 - 3:00pm	M.E.L.T. Strength ® - Intermediate		Jane	Studio B
2:00 - 3:00pm	AOA Strength Training	☀️	James	Studio A
3:00 - 3:55pm	Jazz		James	Studio A
4:00 - 5:00pm	Total Body Conditioning		Avion	Studio A
4:30 - 5:15pm	CATCH for Kids	♥️	Victoria	Studio B
5:30 - 6:30pm	Hip Hop	♥️	Victoria	Studio B
5:30 - 6:25pm	Kettlebells		Alma	Studio A
6:30 - 7:30pm	BodyPump™		Tyrice	GYM
6:45 - 7:30pm	Spin®		Alma	Spin Studio
7:00 - 8:00pm	Aqua Aerobics	🏊	TBD	Pool
7:00 - 8:30pm	Power Yoga	🔥	Emily	Studio B
7:30 - 8:30pm	ZUMBA		Alma	Studio A

Thursday PM				
12:45 - 1:45pm	Stretch		Jane	Studio B
1:00 - 2:00pm	AOA Strength Training	☀️	James	Studio A
2:00 - 3:00pm	Retro Dance Party	☀️	James	Studio A
6:00 - 6:30pm	GRIT Mix™	🔥	Chelsea	Studio A
6:45 - 7:45pm	Pilates Mat	🔥	Sophia	Studio A
7:00 - 8:00pm	Spin®		Emily	Spin Studio
6:15 - 7:15pm	M.E.L.T. Strength ® - Intermediate		Jane	Studio B
7:15 - 8:15pm	M.E.L.T.®		Jane	Studio B
8:00 - 8:45pm	BodyCombat Express™		Petra	Studio A

Friday PM				
12:00 - 1:00pm	Aqua Aerobics		Simone	Pool
12:15 - 1:15pm	Gentle Yoga		Dominique	Studio B
1:15 - 2:15pm	ZUMBA		Sophia	Studio A
1:15 - 2:15pm	Vinyasa Yoga		Dominique	Studio B
3:30 - 4:15pm	Groove for Kids	♥️	Victoria	Studio A
4:00 - 5:30pm	Vinyasa Yoga		Naomi	Studio B
4:45 - 5:45pm	YMVP Teen Group Fitness Class		Victoria	Studio A
5:45 - 6:45pm	Qigong	☀️	Rebecca	Studio B
6:00 - 6:45pm	BodyPump Express™		Tyrice	Studio A
7:00 - 8:00pm	ZUMBA		Sophia	Studio A

Saturday PM				
12:30 - 1:30pm	ZUMBA		Alma	Studio A
1:00 - 2:00pm	Vinyasa Yoga		Dominique	Studio B
1:30 - 3:00pm	Hip-Hop		Ray	Studio A
3:00 - 4:30pm	Led Ashtanga Yoga	🔥	Naomi	Studio B
4:15 - 5:15pm	Ballet		James	Studio A

Sunday PM				
12:45 - 1:30pm	Advanced Kettlebells	🔥	Alma	Studio A
1:00 - 2:30pm	Hatha Yoga		Dominique	Studio B
1:30 - 2:30pm	ZUMBA		Alma	Studio A
2:40 - 3:40pm	ZUMBA		Sophia	Studio A
3:45 - 4:45pm	Pilates Mat	🔥	Sophia	Studio A

KEY	
☀️	Active Older Adult Class
♥️	Family, Youth ,Teen or Pre-Natal Class
🏊	Aqua Water Class
🔥	High Intensity Class

Please sign in for: Jazz, GRIT, Body Pump , Spin®, CXWorx & Advanced Kettlebell
 *Available 1 hour before class begins at the Check In desk

SESSION 1 January 2 - February 25



Download the APP -
 YMCA of Greater NY -
 select Dodge for the
 latest schedule updates
 and Sub information!

Dodge YMCA
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www.ymcanyc.org/dodge