



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

FALL 2017 (Effective 8/28/2017)

SUNDAY

9-9:50 am	Wake Up Abs	Umax	Studio A
10-10:45 am	Spin	Kerwin	Studio B
11 am-12:30 pm	Yoga	Fleuretta	Studio A
12:30-2:00 pm	Ultimate Boot Camp	Erica	Studio A

MONDAY

9-9:50 am	Silver Sneakers® Cardio	Steevi	Studio A
10-10:50 am	Silver Sneakers® Circuit	Steevi	Studio A
10-10:50 am	Lower Body Blast +	Ernesto	MP Room
11-11:50 am	Dance Party	Steevi	Studio A
6:30-7:20 pm	Interval Boot Camp	Umax	Studio A
7:30-8:20 pm	Core Training	Umax	Studio A
8:30-9:15 pm	Spin	Erica	Studio B

TUESDAY

8-8:50 am	Body Blast	Johnny	Studio A
9-9:50 am	Silver Sneakers® Cardio	Johnny	Studio A
10-10:50 am	Silver Sneakers® Circuit	Johnny	Studio A
10-10:50 am	Boot Camp	Ernesto	MP Room
6:30-7:20 pm	Ultimate Core	Umax	Studio A
7:30-8:20 pm	Tabata	Umax	Studio A
8:30-9:20 pm	Zumba	Yasmin	Studio A

WEDNESDAY

9-9:50 am	Spin	Johnny	Studio B
9-9:50 am	Train Like An Athlete	Ernesto	Studio A
10-10:50 am	Total Body Conditioning	Johnny	MP Room
10-10:50 am	Silver Sneakers® Circuit	Steevi	Studio A
11-11:50 am	Silver Sneakers® Cardio	Steevi	Studio A
6:30-7 pm	INSANITY® +	Princess	Studio A
7:10-8 pm	Pilates +	Fleuretta	Studio A
7:30-8:15 pm	Spin	Erica	Studio B

THURSDAY

8-8:50 am	Silver Sneakers® Circuit	Johnny	Studio A
9-9:50 am	Kettlebells	Ernesto	MP Room
9-9:50 am	Silver Sneakers® Cardio	Johnny	Studio A
10-10:50 am	Silver Sneakers® Yoga	Johnny	Studio A
7-7:50 pm	Body Blast	Erica	Studio A
7-7:45 pm	Spin	Kerwin	Studio B
7:30-9 pm	Yoga	Fleuretta	MP Room

FRIDAY

9-9:50 am	Silver Sneakers® Cardio	Steevi	Studio A
10-10:50 am	Silver Sneakers® Circuit	Steevi	Studio A
10-11 am	Yoga +	Betty	MP Room
11:05-11:20 am	Meditation +	Betty	MP Room
11-11:50 am	Silver Sneakers® Yoga	Steevi	Studio A
7-7:45 pm	Spin	TBA	Studio B
7:30-8:20 pm	Zumba	Yasmin	Studio A

SATURDAY

9:15-10:05 am	Ultimate Abs	Steevi	Studio A
9:30-10:15 am	Spin	Erica	Studio B
10:15-11:05 am	Zumba	Yasmin	Studio A
10:30-11:15 am	Spin	Tony	Studio B
11:15am-12:05pm	Dance Party	Steevi	Studio A
12:15-1:05 pm	Cardio Kickboxing	Umax	Studio A

ROOM LOCATIONS

Multi Purpose (MP)	Second Floor
Gymnasium	First Floor
Studio A	First Floor
Studio B	First Floor

Please note that all classes listed in **BOLD** type are **FEE-BASED** classes and require registration. Classes are closed 10 minutes after start time. Members must pick up class cards at the desk for spin class. Classes and instructors are subject to change without notice. For information on fitness class schedules, please contact Princess Bey, Healthy Lifestyles Program Coordinator at **718-469-8100** or **pbey@ymcanyc.org**

+ New Class/New times

Silver Sneakers®

GROUP FITNESS CLASS DESCRIPTIONS

SPIN

A challenging 45-minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual outdoor riding experiences. You will definitely enjoy this workout! All levels welcome.

TABATA

This style class is sure to take your workout to the next level. Each exercise will range from 20 seconds to 1 minute of high intensity followed by anywhere between 5 to 30 seconds of rest for a period of up to 8 cycles.

TRX

Total Body Resistance Training is a method of leveraged body weight exercise. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. Appropriate for all levels

ZUMBA

ZUMBA is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.

AFRO-CARIBBEAN DANCE

Dance to the rhythms of the Caribbean, with African inspired dance moves.

INTERVAL BOOT CAMP

A full body workout that combines cardio, strength, and agility training, utilizing kettlebells, weights, body bars, and various other types of fitness equipment to enhance intensity. Classes are set up with stations, to create balanced interval training. Be prepared for anything!

KBK (KETTLE BELL KICKBOXING)

This high energy class blends Kettlebells and kickboxing for a total body workout. The class helps establish proper technique to execute dead lifts, swings, grinds and more while using the Kettlebells and athletic intervals to create an intense cardiovascular workout.

KETTLEBELLS

This is a total body workout that blends strength and cardio. The class helps establish proper technique to execute dead lifts, swings, grinds and more while using the Kettlebells.

CORE TRAINING

This class focuses on abdominal, back, and core muscle training and stabilization to improve the body's overall functional strength.

VINYASA YOGA

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

TRAIN LIKE AN ATHLETE

Athletic drills create an intense workout to take your performance to the next level.

PILATES

This is a beginner class that consists of very gentle exercises. The primary focus is awareness of the spine, proper breathing, core strength and flexibility. This class will help improve posture and create firm, sleek abs.

SILVER SNEAKERS I CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVER SNEAKERS II CARDIO

Get Up & Go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SILVER SNEAKERS YOGA

This practice is designed to restore the nervous system and help release deeply held tensions from the body and mind. We use props to support the postures, while gently stretching and strengthening the body.

ULTIMATE BOOTCAMP

A boot camp class which incorporates cross fit training practices. You will get a full body work out while improving your cardiovascular endurance, strength, stamina, and balance. Be prepared to work!

CARDIO KICKBOXING

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

YOGA

This class focuses on the relaxation of the mind and body through a variety of flexibility exercises and mental focus. All levels welcome.

BODY BLAST

Incorporating various weights using body bars, dumb bells, and resistance bands. Sure to get your heart pumping and make you sweat! All levels welcome.

DANCE PARTY

This class incorporates Caribbean and African dance moves, along with core exercises to create an intense cardio workout, with music provided by a live DJ!

DEEP DEFINITIONS

Sculpt and define every inch of your body in this strength training class.

TOTAL BODY CONDITIONING

A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

ULTIMATE CORE

Welcome to a next level of core training! This class combines explosive movements and the use of sandbells to target your midsection and core.

WAKE UP ABS

What better way to start your morning than to shock your abs with a strength and cardio workout. This class incorporates body weight movements with occasional use of additional equipment. At the end of the class your abs will be wide awake and ready to get you through your day!

INSANITY

INSANITY is an interval program that consists of long bursts of maximum-intensity cardio and plyometric jump training drills with intervals of strength, power, resistance and core training exercises alternating with short periods of rest.