



HARLEM YMCA GROUP EXERCISE SCHEDULE

180 West 135th Street, New York, NY 10030 harlem@ymcanyc.org 212-912-2100

2018 SESSION 4 | July 2 - August 26, 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|--|--|
| 6:30 - 7:30am SPIN Chiarna (SS) | 7:00 - 8:00am ASHTANGA YOGA Pepper (S1) | 7:00 - 8:00am SUNRISE YOGA Courtney (S1) | 6:30 - 7:30am CYCLE & STRENGTH Erica (SS) | 6:00 - 7:10am VINYASA YOGA Jason (S1) | | |
| 7:30 - 9:00am VINYASA YOGA Jason (S1) | | | 7:00 - 8:00am SUNRISE YOGA Johanna (S1) | 7:10 - 8:00am TOTAL BODY Linda (S1) | 8:00 - 8:55am AQUA BOOTCAMP Phyllis (POOL) 🌀 | |
| 8:00 - 9:00am AQUA AEROBICS Roseann (POOL) 🌀 | 8:00 - 9:00am AQUA AEROBICS Jon Q (POOL) 🌀 | 8:00 - 9:00am AQUA AEROBICS Jon Q (POOL) 🌀 | 8:00 - 9:00am AQUA AEROBICS Jon Q (POOL) 🌀 | 8:00 - 9:00am AQUA AEROBICS Jon Q (POOL) 🌀 | 8:00 - 8:55am VINYASA YOGA Christina (S1) | |
| | 8:10 - 9:00am TRX Johanna (S1) \$\$ | 9:30 - 10:00am ULTIMATE ABS Erica (S1) | 8:10 - 9:00am BOXING CORE TRAINING Morgan (S1) | | 9:00 - 9:55am AQUA AEROBICS Roseann (POOL) 🌀 | |
| 9:10 - 10:00am MAT PILATES Ireen (S1) | 9:05 - 9:55am ZUMBA Johanna (S1) | 10:00 - 10:50am TOTAL BODY Erica (S1) | | 9:10 - 10:00am MAT PILATES Ireen (S1) | 10:00 - 11:00am DANCE PARTY Phyllis (S1) | 10:00 - 11:00am CARDIO KICK-BOXING Matthew (LT) |
| | 10:10 - 11:00am TOTAL BODY Linda (S1) | 11:00 - 12:00pm SPIN Erica (SS) ★ | 11:00 - 12:00pm STRETCHING Ireen (S1) | 10:10 - 11:00am TOTAL BODY Linda (S1) | 10:30 - 11:30am SPIN Erica (SS) ★ | 11:00 - 12:30pm VINYASA YOGA Pepper (S1) |
| 11:10 - 12:00pm SILVER SNEAKERS Doreen (S1) | 11:10 - 12:00pm STRETCHING Ireen (GYM) | 11:10 - 12:00pm SILVER SNEAKERS Linda (S1) | | 11:10 - 12:00pm SILVER SNEAKERS Linda (S1) | 11:15 - 12:15pm BOOT CAMP Phyllis (GYM) | 11:15 - 12:15pm SPIN Tineta (SS) ★ |
| 12:10 - 1:10pm CHAIR YOGA Jason (S1) | | 12:10 - 1:10pm CHAIR YOGA Jason (S1) | | 12:10 - 1:10pm CHAIR YOGA Jason (S1) | 11:30 - 12:30pm MAT PILATES Mike (S1) | 12:30 - 1:15pm SPIN Tineta (SS) ★ |
| 5:30 - 6:00pm ULTIMATE ABS Barry (S1) | 5:30 - 6:00pm ULTIMATE ABS Linda (S1) | 5:30 - 6:00pm ULTIMATE ABS Linda (S1) | 5:30 - 6:20pm AFRICAN DANCE Alexa (S1) \$\$ | 5:30 - 6:30pm ASHTANGA YOGA (BEG) Pepper (S1) | 12:40 - 1:30pm TRX Erica (S1) \$\$ | 12:30 - 1:30pm BOXING CORE TRAINING Morgan (LT) |
| 6:05 - 7:35pm VINYASA YOGA Jason (S1) | 6:15 - 7:00pm INSANITY Phyllis (S1) | 6:00 - 7:00pm TOTAL BODY Linda (S1) | 6:25 - 7:10pm INSANITY Phyllis (S1) | 6:45 - 7:45pm KETTLEBELL KICKBOXING Matthew (LT) | 1:40 - 3:40pm SALSA Jesse (S1) | 1:30 - 2:30pm TOTAL BODY Tineta (S1) |
| 6:30 - 7:30pm SPIN Tineta (SS) ★ | 6:30 - 7:15pm SPIN Chiarna (SS) ★ | | 6:30 - 7:15pm SPIN Chiarna (SS) ★ | | 6:30 - 7:30pm SHOTOKAN KARATE Richard (S1) \$\$ | |
| 7:00 - 8:10pm STEP Phyllis (GYM) | 7:00 - 7:55pm AQUA AEROBICS Jon Q (POOL) 🌀 | 7:10 - 8:00pm MAT PILATES Mike (S1) | 7:00 - 7:55pm AQUA AEROBICS Jon Q (POOL) 🌀 | | | |
| 7:40 - 8:30pm TOTAL BODY Tineta (S1) | 7:10 - 8:00pm PIYO EXERCISE Johanna (S1) | | 7:10 - 8:00pm TRAIN LIKE AN ATHLETE Linda (LT) | | | |
| 8:00 - 8:45pm STRENGTH & CONDITIONING Matthew (LT) | 7:45 - 8:30pm SPIN Tineta (SS) ★ | 8:00 - 9:00pm DANCEALATES® Mike (S1) | 7:15 - 8:05pm ZUMBA Phyllis (S1) | | | |

LOCATION LEGEND:

SS = Spin Studio - Lower Level
S1 = Studio 1 - Level 2
POOL = Level 2
LT = Little Theater - Lower Level
GYM = Gymnasium - Level 3
SNP = St. Nicholas Park

SYMBOL LEGEND:

\$\$ = FEE Based Class
NAME = New Instructor/Class/Day
★ = Spin tickets are available an hour before class time. Bike sign-up will begin 30-minutes before class begins.
🌀 = Sign-up required 60-minutes prior to the start of class.

GROUP EXERCISE CLASS DESCRIPTIONS

Age 16 and up (12 – 15 with parent or legal guardian)

CARDIO/DANCE

Dance Party

A high energy choreographed cardio workout to music.

Step

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

Spin®

A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your fitness level. The instructors will lead you on a ride designed to improve your fitness on all levels.

Zumba®

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

CARDIO STRENGTH

Cardio Kickboxing

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

Cycle & Strength

This class combines cardio and strength training simultaneously as the class consists of cardio drills on the bike (similar to a regular Spin class) as well as standing upper body, lower body, and core exercises off the bike, using resistance bands and weights.

Boot Camp

An efficient workout that challenges your entire body, utilizing calisthenics such as push-ups, jumping jacks, crunches and other body weight exercises.

DANCEALATES®

A flowing, energizing workout that combines the core principles of Pilates with the strengthening, lengthening and toning techniques found in traditional jazz, and ballet barre workouts. The perfect blend of deep muscle toning, flexibility and core strength with rhythms to take the fun to the next level.

HIIT

This class utilizes intervals by mixing intense bursts of resistance activities and fixed periods of less intense activity.

INSANITY®

A revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism. INSANITY's interval training is the pinnacle of cardio training.

STRENGTH

Kettlebells

Functional, compound exercises work multiple muscle groups simultaneously, developing strength and muscular endurance and efficient caloric expenditure. With a focus on integrating breathing, movement and alignment with your ability to control balance & weight.

Total Body Conditioning

A full-body workout designed to strengthen and tone the upper, lower body and core using weights and other exercise equipment.

Train Like An Athlete

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

FLEXIBILITY/BALANCE/CORE

Boxing Core Training

This class will train your abdominal, oblique and lower back muscles using core boxing training movements

Stretching

This class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints. This may help prevent injury and improve performance of health and sports related activities.

Ultimate Abs

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

MIND & BODY

Beginner Ashtanga

Yoga designed to teach basic yoga postures that will enhance flexibility, strengthen, balance and promote relaxation. The flowing sequences of basic yoga poses are linked together by an emphasis on breathing technique.

Ashtanga Yoga

This style of yoga is done at a fluid pace while following a Vinyasa flow.

Mat Pilates

Take your body to the mat. This class combines proper body awareness and alignment, good posture & easy graceful movements to increase core strength, flexibility and total body awareness.

Power Yoga

A challenging mind-body workout that involves cardiovascular conditioning, strength, flexibility, balance and relaxation. Power Yoga is taught in a flow format, linking the breath with a variety of poses.

Vinyasa Yoga

Breath synchronized movement. Moving through the poses with the breath to create heat to allow deeper opening in the poses. Each class is a combination of Dharma, Ashtanga and Vinyasa Yoga intended offer the student the opportunity to gain strength, flexibility and improve their yoga practice. Variations are given for all levels. All levels are welcome.

AQUA

Aqua Boot Camp

This challenging water workout will put your strength and endurance to the test.

Aqua Aerobics

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

OLDER ADULTS

Silver Sneakers®

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.

FEE-BASED CLASSES

TRX

Challenges training by combining low-impact strength and cardio into specialized suspension training within small group workouts. Resulting in more calories burnt and new fitness levels achieved!

Shotokan Karate

A karate practice that teaches self-defense through a series of specific forms. This class will be challenging.

SOME FRIENDLY REMINDERS

- Up-to-date class schedules are available online at www.ymcanyc.org/harlem
- Reduced holiday schedules on holidays: Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas, and New Year's Eve.
- Use lockers to store your bags and valuables. They are not allowed in the fitness studios.
- The Harlem YMCA is not responsible for lost valuables.
- Instructors are permitted to deny admission to a class after 10-minutes.
- Group exercise classes and instructors are subject to change without notice.

Updated: June 27, 2018