

# ROCKAWAY YMCA GROUP EXERCISE SCHEDULE

MONDAY	CLASS	INSTRUCTOR	ROOM
5:45-6:30am	Cycling	Diana	Cycling Studio
8:10-8:45am	Core Conditioning	Jomarya	Studio
8:50-9:55am	Hatha Yoga	Ruth	Studio
9:00-9:50am	Cycling	Jomarya	Cycling Studio
10:05-10:50am	Total Body	Jomarya	Studio
12:10-1:00pm	Chair Yoga	Denise	Studio
1:10-2:00pm	Silver Sneakers Classic	Christina	Studio
6:00-6:45pm	Cycling	Robin	Cycling Studio
7:00-7:45pm	Cycling	Robin	Cycling Studio
6:00-6:50pm	Interval Bootcamp	Kevin	Studio
7:00-8:00pm	Open Level Flow Yoga	Christine	Studio
8:05-8:55pm	Zumba®	Michelle	Studio
9:00-9:45pm	Zumba®	Michelle	Studio
TUESDAY	CLASS	INSTRUCTOR	ROOM
8:00-8:50am	Stretching	Sophia	Studio
9:00-9:50am	Zumba®	Sophia	Studio
9:30-10:30am	Water Aerobics	Justin	Pool
10:00-10:50am	Pilates	Sophia	Studio
11:00-11:45am	Silver Sneakers Classic®	Noel	Studio
11:00-11:45am	Cycling (Begins 10/2)	Jennifer	Cycling Studio
12:00-12:50pm	Meditation (Begins 10/02)	Jennifer	Studio
11:00am-12:00pm	Deep Water Aqua Exercise	Melissa	Pool
3:30-4:15pm	Fit Kids (CLASS CANCELLED UNTIL FURTHER NOTICE)		Studio
6:00-6:50pm	Total Body	Nadia	Studio
6:30-7:30pm	Cycling	Drew	Cycling Studio
7:00-7:50pm	Aqua Exercise	Nadia	Pool
7:00 - 8:15pm	Vinyasa Yoga	Thai	Studio
8:20-9:15pm	Boot Camp	Kevin	Studio
WEDNESDAY	CLASS	INSTRUCTOR	ROOM
5:35-6:30am	Cycling	Diana	Cycling Studio
8:00-9:10am	Hatha Yoga	Ruth	Studio
8:00-9:00am	Cycling-Fusion	Barbara	Cycling Studio
9:15-10:00am	Silver Sneakers Classic®	Annie	Studio
9:30-10:30am	Water Aerobics	Justin	Pool
10:00-10:50am	Cycling	Jomarya	Cycling Studio
10:10-11:00am	Master Fitness Complete™	Annie	Studio
11:00am-12:00pm	Deep Water Aqua Exercise	Justin	Pool
11:10am-12:00pm	Pilates	Jennifer	Studio
12:00-12:50pm	Meditation	Jennifer	Studio
1:00-1:50 pm	Adult Dance Movement	Elena	Studio
2:00-3:20pm	Gentle Yoga & Restorative	Elena	MP2
6:00-6:50pm	Interval Bootcamp	Kevin	Studio
7:00-7:45pm	Total Body-Core Fusion	Kevin	Studio
7:30-8:15pm	Cycling	Drew	Cycling Studio
7:45-8:30pm	Total Body	Lisa G	Studio
8:40-9:30pm	Zumba®	Lisa G	Studio

THURSDAY	CLASS	INSTRUCTOR	ROOM
5:35-6:30am	Cycling	Diana	Cycling Studio
8:00-8:50am	Stretching	Nadia	Studio
9:00-9:50am	Zumba®	Nadia	Studio
9:30-10:30am	Water Aerobics	Mary Lou	Pool
10:00-10:50am	Pilates	Nadia	Studio
11:15am-12:00pm	Total Body	Nadia	Studio
12:00-1:00pm	Core Conditioning	Jomarya	Studio
1:00-1:45pm	Silver Sneakers Classic®	Noel	Studio
2:00-3:00pm	Vinyasa Yoga	Jamel	Studio
6:00-6:50pm	Pilates	Nadia	Studio
7:00-7:50pm	Zumba	Nadia	MP2
6:30-7:15pm	Cycling	Diana	Cycling Studio
7:00-8:00pm	Vinyasa Yoga	Thai	Studio
7:00-8:00pm	Aqua Exercise	TBA	Pool
8:10-9:10pm	Total Body	Kevin	Studio
FRIDAY	CLASS	INSTRUCTOR	ROOM
5:45-6:30am	Cycling	Lisa G	Cycling Studio
8:00-9:00am	Cycling	Barbara	Cycling Studio
8:00-9:00am	Gentle Yoga	Ruth	Studio
9:00-9:45am	Chair Yoga	Ruth	Studio
10:00-10:40am	Step	Annie	Studio
10:45-11:30am	Total Body Conditioning	Jomarya	Studio
11:40am-12:30pm	Core Conditioning	Jomarya	Studio
4:15-5:00pm	Fit Kids Ages 8-11	Nadia	Studio
6:00-6:50pm	Kettlebell	Declan	Studio
7:00-7:50pm	Bootcamp	Declan	Studio
8:00-9:00pm	Zumba®	Lisa G	Studio
SATURDAY	CLASS	INSTRUCTOR	ROOM
7:00-7:50am	Yoga Core Flow	Christina	Studio
8:00-8:50am	Bfit (Total Body)	Barbara	Studio
9:00-9:50am	Pilates	Nadia	Studio
9:00-9:50am	Cycling	Barbara	Cycling Studio
10:00-10:50am	Cycling	Drew	Cycling Studio
10:30-11:30am	Total Body Conditioning	Lisa G	Studio
11:40am-12:40pm	Tai-Chi	David	Studio
12:50-1:40 pm	Silver Sneakers Classic®	Noel	Studio
11:45am-12:40pm	Zumba®	Lisa G	Gymnasium
1:00-2:00pm	Double Dutch Ages 7 & up	Lisa G	Cycling Studio
SUNDAY	CLASS	INSTRUCTOR	ROOM
8:00-8:50am	Cycling	Jomarya	Cycling Studio
9:00-9:50am	Kettlebell	Jomarya	Studio
10:00-10:50am	Cycling	Drew	Cycling Studio
10:00-11:15am	Vinyasa Yoga	Christine	Studio
11:15am-12:30pm	Gentle Yoga	Christine	Studio
2:00-2:50pm	Zumba	Anna	Studio