



New York City's YMCA  
**WE'RE HERE FOR GOOD.**

## Summer Group Fitness Schedule 7/2/18-8/26/18

MONDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise SPIN®	Heather F.	Spin Studio
7:30 AM	Moving with Martin	Martin	North Gym
8:25 AM	Pound	Kristina	North Gym
9:05 AM	Cardio Circuit	Kristina	North Gym
9:05 AM	SPIN®	Kirsten	Spin Studio
10:05 AM	Total Body Conditioning	Kirsten	North Gym
11:05 AM	AOA Dance	Christine L.	North Gym
12:05 PM	SilverSneakers® Sit Fit	Joyce	North Gym
6:00 PM	Tai Chi	Joe	Room A & B
6:00 PM	SPIN®	Crissy	Spin Studio
6:30 PM	Step & Sculpt	Anita	North Gym
7:00 PM	Tai Chi	Joe	Room A & B
7:15 PM	Yoga Intermediate	Ellen	Room D & E
7:30 PM	Zumba®	Valery	North Gym
TUESDAYS			
TIME	CLASS	INST.	ROOM
7:00 AM	Sunrise Yoga	Ellen	North Gym
8:25 AM	Express H.I.I.T.	Kristina	North Gym
9:05 AM	SPIN®	Heather R.	Spin Studio
9:05 AM	Step & Sculpt	Anita	North Gym
10:05 AM	Pilates Mat	Kirsten	North Gym
11:05 AM	Drums Alive®	Anita	North Gym
5:00 PM	Beginner Yoga	Ellen	North Gym
6:00 PM	SPIN®	Dyna	Spin Studio
6:30 PM	Interval Training	Christine	North Gym
7:15 PM	SPIN®	Laura	Spin Studio
7:30 PM	Express H.I.I.T.	Liza	North Studio
WEDNESDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise Boot Camp	Gus	North Gym
7:30 AM	Moving with Martin	Martin	North Gym
9:05 AM	Cardio Core	Audrey	North Gym
9:05 AM	SPIN®	Heather F.	Spin Studio
10:05 AM	Abs & Arm Tone-Up	Christine D.	North Gym
11:05 AM	AOA Cardio Conditioning	Stella	North Gym
12:05 PM	SilverSneakers® Sit Fit	Liza/Christine	North Gym
6:00 PM	SPIN®	Crissy	Spin Studio
6:15 PM	RIPPED	Kirsten	North Gym
6:30 PM	Open Pickleball	Bill	East Gym
7:00 PM	Yoga Advanced	Ellen	Room D & E
7:00 PM	Zumba®	Valery	North Gym
8:00 PM	SPIN®	Frank	Spin Studio

THURSDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Sunrise SPIN®	Dario	Spin Studio
8:25 AM	Express H.I.I.T	Kristina	North Gym
9:05 AM	SPIN®	Kristina	Spin Studio
9:05 AM	AB Pak	Gus	North Gym
10:05 AM	Zumba®	Valery	North Gym
11:15 AM	Gentle Yoga	Ellen	North Gym
12:30 PM	Chair Yoga	Ellen	North Gym
5:00 PM	Beginner Yoga	Ellen	North Gym
6:30 PM	SPIN®	Heather R.	Spin Studio
6:30 PM	RIPPED	Christine	North Gym
7:30 PM	SOCA	Deborah	North Gym
FRIDAYS			
TIME	CLASS	INST.	ROOM
7:30 AM	Moving with Martin	Martin	North Gym
9:05 AM	Zumba®	Dina	North Gym
9:05 AM	SPIN®	Dario	Spin Studio
10:05 AM	Total Body Conditioning	Kristina	North Gym
11:05 AM	AOA Cardio Conditioning	Kristina	North Gym
12:05 PM	SilverSneakers® Sit Fit	Sue	North Gym
1:15 PM	Qigong	Ellen L.	North Gym
2:30 PM	Tai Chi	Joe	North Gym
6:30 PM	SPIN®	Frank	Spin Studio
SATURDAYS			
TIME	CLASS	INST.	ROOM
8:00 AM	SPIN®	Heather F.	Spin Studio
8:30 AM	Qigong	Ellen L.	Rooms D&E
9:00 AM	H.I.I.T	Tommy	North Gym
9:30 AM	SPIN®	Dyna	Spin Studio
10:00 AM	Zumba®	Loyd	North Gym
10:00 AM	Vinyasa Yoga	Jen	Room D & E
11:15 AM	Slow Flow Yoga	Sandra	Room D&E
12:00 PM	Open Pickleball	TBA	East Gym
SUNDAYS			
TIME	CLASS	INST.	ROOM
7:45 AM	Sunrise Yoga	MJ	North Gym
9:00 AM	Cardio Interval Training	Kristina	North Gym
9:00 AM	SPIN®	Heather R.	Spin Studio
9:30 AM	Vinyasa Yoga	Sandra	D&E
10:00 AM	Insanity®	Kristina	North Gym
10:30 AM	SPIN®	Frank	Spin Studio

**We appreciate early-birds! Classes are closed to participants after 10 minutes of scheduled start time.**

**For safety reasons, late-comers may not be admitted to Spin or Yoga Classes.**

**Spin Classes are on a first come basis. List is outside spin door 30 minutes prior to class.**

**Save time, don't wait on line! Reserve a bike; Register for Spin! See Program Guide for pricing.**



### GET ENGAGED:

Liza Horner, Director of Healthy Lifestyles  
lhorner@ymcanyc.org  
718-981-4933

The above classes are FREE with Membership. Program Members are welcome to join the fun and participate in the above classes per 8 week session:

\$104 - 1X weekly  
\$117 - 2x weekly  
\$135 - 3x weekly  
\$152 - 4x weekly

**STATEN ISLAND BROADWAY YMCA 651 BROADWAY, STATEN ISLAND, NEW YORK • 718-981-4933**

Classes, prices, and Instructors are subject to change without notice.

# SMALL GROUP TRAINING SCHEDULE

SUMMER SESSION 7/2/18-8/26/18



MONDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	TRX Group Training	Gus	North Gym
7:45 AM	MVe Chair Pilates	Cyndy	East Gym
TUESDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Alpa-Training	Gus	North Gym
7:30 PM	Yoga Workshop (limited weeks)	TBA	Room B
WEDNESDAYS			
TIME	CLASS	INST.	ROOM
7:45 AM	MVe Chair Pilates	Cyndy	East Gym
7:15 PM	MVe Chair Pilates	Kirsten	A & B
THURSDAYS			
TIME	CLASS	INST.	ROOM
6:00AM	Ultimate Triple Threat	Gus	North Gym
FRIDAYS			
TIME	CLASS	INST.	ROOM
6:00 AM	Kettlebells	Gus	North Gym
SATURDAYS			
TIME	CLASS	INST.	ROOM
8:00 AM	Kettlebells	Liza	North Gym

\*\*Specialty Class -See Description for Pricing

## MIX & MATCH CLASSES

**Member:**  
 \$64-1X class  
 \$96-2X classes  
 \$149-3X classes  
 \$189-4X classes  
 \$225-5X classes

**Program Members:** \$99-1X class  
 \$149-2X classes  
 \$199-3X classes  
 \$249-4X classes  
 \$299-5X classes

**Alpha-Training** This class incorporates TRX, kettlebells and free weights to build core strength, stamina & endurance. the program will help develop muscle strength & discipline & prepare you for adventure races & other challenges.

**Members:** \$64 1x a week per 8-week session

**Program Participant:** \$99 1x a week per 8-week session

**Kettlebell Class** This scorching 45 minute mix workout, builds lean muscle, burns fat and takes your body to new limits.

**Members:** \$64 1x a week per 8-week session

**Program Participant:** \$99 1x a week per 8-week session

**MVe Chair Pilates** This heart pumping cardio driven class, set to upbeat music combines strength, balance, endurance and core stability while working on the Pilates MVe Chair. This class will wake your body up challenging core strength and stability. These workouts are fun energetic and produce great results. It's a total body workout.

**Members:** \$64 x a week per 8-week session

**Program Participant:** \$99 1x a week per 8-week session

**Latin Dance I and II\*\* Specialty Class** This class will teach you the basics of Salsa and other popular dances including Mambo, Cha Cha, Rumba and more. A partner is not necessary to participate. Please wear leather-soled shoes.

**This is a four-week class. Please contact Liza for start dates.**

**Members:** \$45 per person; \$80 per couple

**Program Participant:** \$59 per person; \$104 per couple

**TRX Group Training** Train with a TRX Certified Personal Trainer. This workout leverages gravity and body weight to perform exercise for a fast and effective total body workout. Build a rock solid core and increase muscular endurance. This benefits all fitness levels.

**Members:** \$64 1x a week per 8-week session

**Program Participant:** \$99 1x a week per 8-week session

### Ultimate Triple Threat-Kettlebells, Ropes & Kickboxing

Kettlebells provide a high intensity training mode that is more effective for fat loss, increasing strength and endurance. Battle Ropes are added to offer full body strength training, targeting your core and upper body as well as an intense cardio challenge. Lastly, Kickboxing will improve your strength, speed, flexibility, coordination and balance. Together these exercises will confuse and surprise your muscles making this the most time effective training for your entire body.

**Members:** \$64 1x a week per 8-week session

**Program Participant:** \$99 1x a week per 8-week session

## Try our SPECIALTY CLASSES:

### GUITAR CLASS:

Tuesdays @ 5:00pm &  
6:00pm

### PICKLEBALL:

Open Play  
Open Play

Wednesday 6:30pm-9:00pm  
Saturday @ 12:00pm

### ADULT FENCING :

Sunday @9:00am

See our Spring II/Summer 2018 Program Guide or contact our branch for pricing.



### LOOKING FOR A NEW CHALLENGE OR NEED SOME ADDITIONAL MOTIVATION?

A certified YMCA Personal Trainer can be just what you need. Our trainers will evaluate your health history and lifestyle to design a program that will specifically meet your needs and help you achieve your goals.

ONE-TO-ONE TRAINING AGES 12 AND UP

### PERSONAL TRAINING PRICING

# Sessions:	1	5	10	20
Member:	\$55	\$250	\$440	\$855
Program Member:	\$88	\$400	\$700	\$1350

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