

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
8:00 - 9:00am	Hatha Yoga		Emily	Studio B
9:30 - 10:00am	GRIT Cardio™	🔥	Oliver	Studio A
10:05 - 10:35am	CXWorx™		Oliver	Studio A
9:30 - 10:30am	Gentle Yoga for all Women	❤️	Anna	Studio B
10:30 - 11:30am	AOA Cardio Conditioning	☀️	Akwesi	Studio B
10:45 - 11:45am	Baby and Toddler Yoga	❤️	Anna	Conf. Rm
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
11:30 - 12:30pm	Aqua Aerobics	🏊	Simone	Pool
12:00 - 12:30pm	Core Training		Avion	Studio A

Wednesday AM

6:00 - 6:45am	Spin®		Adria	Spin Studio
7:00 - 8:00am	Aqua Aerobics	🏊	Simone	Pool
8:30 - 10:00am	Hatha Yoga		Krisna	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		Krisna	Studio B
11:30 - 12:30pm	Tai Chi	☀️	Phil	Studio A
11:30 - 12:30pm	Aqua Dance Aerobics	🏊	James	Pool
12:00 - 12:45pm	Spin®		Miranda	Spin Studio

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	☀️	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	Retro Dance Party	☀️	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	🏊	Sharri	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
11:30 - 12:30pm	Aqua Aerobics	🏊	Simone	Pool
12:00 - 1:00pm	BodyPump™		Sophia	Studio A

Saturday AM

8:00 - 9:00am	BodyPump™		Tyrice	GYM
9:00 - 9:30am	Spin® (HIIT)		Cathy	Spin Studio
9:10 - 9:40am	GRIT Cardio™	🔥	Chelsea	Studio A
9:45 - 10:45am	Spin®	☀️	Cathy	Spin Studio
9:50 - 10:50am	Tai Chi		Phil	Studio A
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®		Milsa	Spin Studio
9:00 - 10:00am	BodyCombat™		Petra	Studio B
9:30 - 10:30am	Total Body Conditioning		Avion	Studio A
10:00 - 11:00am	Pilates Mat		Sophia	Studio B
10:30 - 11:30am	Step & Sculpt	🔥	Avion	Studio A
11:00 - 12:00pm	Prenatal & Postnatal Yoga		Dominique	Studio B
11:30 - 12:45pm	Hip-Hop	❤️	Ray	Studio A
12:00 - 1:00pm	Hatha Yoga		Dominique	Studio B

SESSION 4 JULY 9 - AUGUST 26

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		Julia	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 & Postnatal Yoga		Anna	Conf Rm
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:30pm	Hatha Yoga		Krisna	Studio B
7:30 - 8:30pm	Total Body Conditioning		Alma	Studio A

Wednesday PM

12:30 - 1:00pm	Stretching		Krisna	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		Sharri	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	AOA Cardio Conditioning		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
7:00 - 8:00pm	M.E.L.T.®		Jane	Studio B
8:00 - 8:45pm	BodyCombat Express™		Petra	Studio A

Friday PM

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	Tai Chi		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, Body Combat & Advanced Kettlebell

*Available 1 hour before class begins at the Check In desk

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

Dodge YMCA
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