

Monday

7 - 8:30 Iyengar yoga
Mind/Body StudioSarah

7:15 - 7:30 Spinning Orientation
Spin StudioLee

7:30 - 8:15 Spinning
Spin StudioLee

▼ 9 - 10 Kundalini Yoga
Mind/Body Studio.....Cathy

▼ 10:30 - 11:30 M.E.L.T.
Group Exercise Studio.....Edya

10:30 - 11:30 Vinyasa Yoga
Mind/Body StudioJason

11:30 - 12:30 Total Body Conditioning
Group Exercise Studio.....Jon

12 - 1 Intro to Mat Pilates
Mind/Body Studio.....Paolina

12 - 12:15 Spinning Orientation
Spin StudioKathy

12:15 - 1 Spinning
Spin StudioKathy

1:15 - 2:15 Feldenkrais Method
Mind/Body Studio.....Donna

5:30 - 6:30 Masala Bhangra Work Out
Group Exercise Studio.....Mickela

☺ 6:15 - 7 Power Rowing
Row CenterTobin

6 - 7 Intermediate Vinyasa Yoga
Mind/Body Studio.....Timothy

☺▼ 6:30 - 7:30 Mat Pilates
Group Exercise Studio.....Larissa

6:30 - 7:30 Spinning
Spin StudioCourt

6:30 - 7:15 Circuit Training
North GymKathy

☺ 6:30 - WSYRoad Runner Club
LobbyStacyBruno

7:30 - 8:30 Cardio Salsa
Group Exercise Studio.....Larissa

7:30 - 8:45 Iyengar Yoga
Mind/Body Studio.....Dmitri

☺▼ 8:30 - 9:30 Tai Chi Chuan
Group Exercise Studio.....Robert

Tuesday

7 - 8 Boot Camp
Group Exercise Studio.....Jonathan

8:45-10 Iyengar Yoga
Mind/Body Studio.....Martha

▼ 9:15 - 9:30 Spinning Orientation
Spin StudioJonathan

▼ 9:30 - 10:15 Spinning
Spin StudioJonathan

10:30-11:30 Total Body Conditioning
Group Exercise StudioJulie

11:30 - 12 Core Training
Group Exercise Studio.....Julie

12 - 12:15 Spinning Orientation
Spin StudioCathy

12 - 1 Mat Pilates
Mind/Body Studio.....Felice

12 - 1 Stretching
Group Exercise Studio.....Timothy

12:15 - 1 Spinning
Spin StudioCathy

1-2 Hatha Yoga
Mind/Body Studio.....Timothy

5:30 - 6:30 Total Body Conditioning
Group Exercise Studio.....Kim

6 - 7 Capoeira
Mind/Body Studio.....Ellen

6 - 6:45 Power Rowing
Row CenterMike

6:30 - 7:30 Spinning
Spin StudioBev

6:30 - 7:30 SharQui Bellydance Work-
ouGroup Exercise Studio.....Jindra

6:30 - 7:30 Train Like an Athlete
North Gym.....Robert

6:45 - 7:30 Power Rowing
Row CenterMike

7:30 - 8:30 Iyengar Yoga
Mind/Body Studio.....Wendy

☺▼ 7:30 - 8:15 Seido Karate (Beginner)
Group Exercise Studio.....Melvin

8:15 - 9:15 Seido Karate (Advanced)
Group Exercise Studio.....Melvin

Wednesday

★ 7:15 - 8 Spinning
Spin StudioLinda

9 - 10 Mat Pilates
Mind/Body Studio.....Julie

▼ 11 - 12:00 Feldenkrais Method
Mind/Body Studio.....Donna

11 - 12 Total Body Conditioning
Group Exercise Studio.....Cathy

12 - 12:15 Spinning Orientation
Spin StudioBev

☺▼ 12 - 1:15 Iyengar Yoga
Mind/Body Studio.....Richard

12:15 - 1 Spinning
Spin StudioBev

▼ 12:30 - 1:30 Mat Pilates
Group Exercise Studio.....Mike

6:15 - 6:30 Spinning Orientation
Spin StudioJoanna

6:30 WSYRoad Runner Club
LobbyStacyBruno

6:30 - 7:15 Spinning
Spin StudioJoanna

6:30 - 7:30 Hatha Yoga
Mind/Body Studio.....Wendy

6:30 - 7:30 Cardio Kickboxing
Group Exercise Studio.....Tara

7:15 - 7:30 Spinning Orientation
Spin StudioJoanna

7:30 - 8:15 Spinning
Spin StudioJoanna

☺▼ 7:30 - 8:30 Tai Chi Chuan
Mind/Body Studio.....Tom

7:30 - 8:30 Zumba
Group Exercise Studio.....Samuel

8:30 - 9:30 M.E.L.T. w/ A.I. Stretch
Mind/Body Studio.....Joya

Thursday

▼ 7 - 8 Total Body Conditioning
Group Exercise Studio.....Jonathan

▼ 9:30 - 10:30 Mat Pilates
Mind/Body Studio.....Donnell

11 - 11:30 Upper Body Conditioning
Group Exercise Studio.....Jonathan

11:30 - 12 Core Training
Group Exercise Studio.....Jonathan

12 - 12:15 Spinning Orientation
Spin StudioJonathan

12:15 - 1 Spinning
Spin StudioJonathan

12 - 1 Stretching
Group Exercise Studio.....Timothy

6 - 7:15 Vinyasa Yoga
Mind/Body Studio.....Tom

6:15 - 7 Power Rowing
Row CenterJenny

6:30 - 7:30 Mat Pilates
Group Exercise Studio.....Julie

6:30 - 7:30 Spinning
Spin StudioLinda

▼ 7:30 - 8:30 Seido Karate (Beginner)
Mind/Body Studio.....Melvin

7:30 - 8:30 Zumba
Group Exercise Studio.....Ben

8:30 - 8:45 Seido Karate (Advanced)
Group Exercise Studio.....Melvin

F
A
L
L

2
0
0
9

Fall Schedule
September 8th, 2009

West Side YMCA

Friday

- 7 - 8 Mat Pilates
Group Exercise Studio.....Julie
- 7 :15 - 7:30 Spinning Orientation
Spin Studio.....Lee
- 7:30 - 8:30 Spinning
Spin Studio.....Lee
- ▼ 7:15 - 8:30 Vinyasa Yoga
Mind/Body Studio.....Kathi
- 9:30-10:30 Complete Cardio Sculpt
Mind/Body Studio.....Julie
- 10:30 - 12:00 Vinyasa Yoga
Mind/Body StudioMarci
- 10:30 - 11:30 M.E.L.T.
Group Exercise Studio.....Kelly
- 11:30 - 12 M.E.L.T. Hand and Foot
Group Exercise Studio.....Kelly
- 12 - 1 Mat Pilates
Group Exercise Studio.....Jessica
- 12 - 12:15 Spinning Orientation
Spin Studio.....Bev
- 12:15 - 1 Spinning
Spin Studio.....Bev
- ▼ 6 - 7 NIA
Group Exercise Studio.....Jayne
- 6:30 - 7:30 Advanced Vinyasa Yoga
Mind/Body Studio.....Jason
- 7- 8 The Tango Experience
Group Exercise Studio.....Donna

Saturday

- 9-10:30 Intro to Tai Chi Chuan
Mind/Body StudioTom
- 9:30 -10 Core Training
Group Exercise StudioJonathan
- ★ 10 -10:15 Spinning Orientation
Spin StudioJonathan
- 10 -11 Total Body Conditioning
Group Exercise StudioBrian
- ★ 10:15 -11 Spinning
Spin StudioJonathan
- 11 -11:45 Spinning
Spin StudioJonathan
- ▼ 11 -12 Afro-Jazz
Mind/Body StudioUniqua
- ☺ ▼ 12:15 - 1:15 Intro to Mat Pilates
Group Exercise StudioJulie
- ☺ ▼ 12:15 - 1:15 M.E.L.T.
Mind Body Studio.....Jon
- 1:15 - 2:45 Iyengar Yoga
Mind/Body StudioRichard
- ▼ 3 - 4 Feldenkrais Method
Mind/Body StudioDonna
- 4:45 - 6 Capoeira
Group Exercise StudioEllen

Sunday

- 9 - 10 Spinning
Spin StudioCourt
- 10 - 11 Boot Camp
Group Exercise StudioJonathan
- ▼ 10-11 Vinyasa Yoga
Mind/Body Studio.....Jason
- ☺ ▼ 11 - 12 Total Body Conditioning
Group Exercise StudioJonathan
- 4 - 5 Belly Dancing
Group Exercise StudioCoco
- 4 - 5:15 Vinyasa Yoga
Mind/Body StudioTom
- 5:30 - 5:45 Spinning Orientation
Spin StudioBrian
- 5:45 - 6:30 Spinning Orientation
Spin StudioBrian
- 6 - 7 N.I.A.
Group Exercise Studio.....Jayne

Fall Schedule
September 8, 2009

Some Friendly Reminders

Up-to-date class schedules are available online at www.ymcanyc.org/westside, the 3rd floor Member Lounge, and the Customer Service Center on the first floor.

Reduced holiday weekend schedules on the following holidays: Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas, and New Year's Eve.

Classes meet the needs of all fitness levels and are FREE to all full facility members — including teens! No registration is required.

Use lockers to store your bags and valuables. They are not allowed on the fourth floor.

The YMCA is not responsible for lost valuables.

Group exercise classes and instructors are subject to change without notice.

**Visit us on the web:
www.ymcanyc.org/westside**

☺ **Family Friendly** - Children over the age of 14 with parental consent or parent participation.

▼ **Beginners Welcome**

★ **Registration on third floor begins 1 hour before class begins. Must register in person.**

 **New York City's YMCA**
We're Here for Good.

Group Exercise Schedule

West Side YMCA

Fall 2009