

Winter Session :
January 2nd-February 24th, 2019

Bronx YMCA
Group Exercise Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
6:30am-7:30am Spin Spin Room <i>Denise</i>	9:00am-9:50am Water Aerobics Indoor Pool <i>Johnnie</i>	6:30am-7:30am Spin Spin Room <i>Denise</i>	9:00am-9:50am Water Aerobics Indoor Pool <i>Johnnie</i>	9:00am-9:50am Water Aerobics Indoor Pool <i>Stephene</i>	
9:00am-9:50am Water Aerobics Indoor Pool <i>Johnnie</i>	9:00am-9:50am Zumba Gold ® Munch Center <i>Eleanor</i>	9:00am-9:50am Water Aerobics Indoor Pool <i>Johnnie</i>	9:00am-9:50am Zumba Gold ® Munch Center <i>Eleanor</i>	9:00am-9:50am Silver Sneakers Classic® Fitness Studio <i>Chris</i>	9:30am-10:00am Core De Force® Fitness Studio <i>Darleny</i>
9:00am-9:50am Silver Sneakers Classic ® Fitness Studio <i>Eleanor</i>	10am-10:50am Total Body Conditioning Fitness Studio <i>Chris</i>	9:00am-9:50am Silver Sneakers Yoga ® Fitness Studio <i>Emily</i>	10am-10:50am Total Body Conditioning Fitness Studio <i>Chris</i>	10:00am-10:50am Silver Sneakers Circuit ® Fitness Studio <i>Chris</i>	10am-10:50am CIZE Family® Fitness Studio <i>Darleny</i>
10:00am-10:50am Silver Sneakers Circuit ® Fitness Studio <i>Eleanor</i>	11:30am-12:20pm Spin Spin Room <i>Phyllis</i>	10:00am-10:50am Silver Sneakers Yoga ® Fitness Studio <i>Emily</i>	11:30am-12:20pm Spin Spin Room <i>Phyllis</i>	11:00am-11:50am Silver Sneakers Classic ® Fitness Studio <i>Chris</i>	11am-11:50am CATCH MPR Ages 5-12 yrs. <i>Alex</i>
11:00am-11:50am Silver Sneakers Classic ® Fitness Studio <i>Eleanor</i>	12pm-12:50pm Water Aerobics Indoor Pool <i>Johnnie</i>	11:00am-11:50am Silver Sneakers Yoga ® Fitness Studio <i>Emily</i>	12pm-12:50pm Water Aerobics Indoor Pool <i>Johnnie</i>	12pm-12:50pm Water Aerobics Indoor Pool <i>Jon Q</i>	11am-11:50am Circuit Training Fitness Center <i>Ruthie</i>
12pm-12:50pm Water Aerobics Indoor Pool <i>Jon Q</i>	5:30pm-5:55pm Lower Body Blast Fitness Studio <i>Ruthie</i>	12pm-12:50pm Vinyasa Yoga Fitness Studio <i>Emily</i>	5:30pm-6:00pm Kettlebells Fitness Studio <i>Stephene</i>	12:30pm-1:20pm AOA Cardio Kickboxing Fitness Studio <i>Chris</i>	11am-11:50am Circuit Training Fitness Center <i>Ruthie</i>
12pm-12:50pm Vinyasa Yoga Fitness Studio <i>Emily</i>	6:00pm-6:25pm Core Training Fitness Studio <i>Ruthie</i>	12pm-12:50pm Water Aerobics Indoor Pool <i>Jon Q</i>	6:00pm-6:25pm Cardio Kickboxing Fitness Studio <i>Elijah</i>	SATURDAY	12pm-12:50pm Zumba ® Fitness Studio <i>Eleanor</i>
5:30pm-6:20pm Deep Definitions Fitness Studio <i>Tahaira</i>	6:30pm-7:00pm Kettlebells Fitness Studio <i>Stephene</i>	5:30pm-6:20pm Deep Definitions Fitness Studio <i>Tahaira</i>	6:30pm-7:20pm Mat Pilates Fitness Center <i>Stephene</i>	7:30am-8:25am Spin Spin Room <i>Stephene</i>	
6:30pm-7:25pm Spin Spin Studio <i>Stephene</i>	7:00pm-7:25pm Cardio Kickboxing Fitness Studio <i>Elijah</i>	6:30pm-7:20pm PiYo® Fitness Studio <i>Stephene</i>	6:30pm-7:20pm Mat Pilates Fitness Center <i>Stephene</i>	8:30am-9:25am Spin Spin Room <i>Stephene</i>	
6:30pm-7:20pm Zumba ® Munch Center <i>Sergio</i>	7:30pm-8:20pm Circuit Training Fitness Studio <i>Stephene</i>	6:30pm-7:20pm Zumba ® Munch Center <i>Kiara</i>	7:30pm-8:20pm Circuit Training Fitness Center <i>Stephene</i>	8:00am-8:50am Water Aerobics Indoor Pool <i>Elijah</i>	
6:30pm-7:20pm Kids Zumba® MPR <i>Eleanor</i>	7:30pm-8:20pm Circuit Training Fitness Studio <i>Stephene</i>	7:30pm-8:20pm Zumba ® Munch Center <i>Kiara</i>	8:30pm-9:20pm Water Aerobics Indoor Pool <i>Stephene</i>	10am-10:50am Zumba ® Fitness Studio <i>Kiara</i>	
7:30pm-8:20pm Boot Camp Fitness Center <i>Ruthie</i>	8:30pm-9:20pm Water Aerobics Indoor Pool <i>Stephene</i>	7:30pm-8:20pm CIZE ® Fitness Studio <i>Darleny</i>		11:00-11:50am Tabata Fitness Studio <i>Stephene</i>	
7:30 pm-8:25pm Spin Spin Room <i>Stephene</i>		6:30pm-7:25pm Spin Spin Studio <i>Giselle</i>			
		8pm-8:50pm Water Aerobics Indoor Pool <i>Stephene</i>			

Family Classes Include
Children Ages 8-12 yrs. Old
With Family Membership

AOA Cardio kickboxing-A gentle aerobic workout especially for older adults or anyone who would like to include a low-intensity Kickboxing workout to their fitness plan.

Boot Camp-A challenging workout for your entire body, using calisthenics such as pushups, Jumping Jacks, Crunches, and other body weight exercises.

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

Circuit Training-A fast paced workout that will challenge you with different activity stations. This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall strength.

Core De Force®-workouts are broken into 3-minute "rounds"—just like a real boxing match. For 3 minutes, you'll attack Boxing, Kickboxing, and Muay Thai combinations. Bodyweight moves. And a fat-blasting cardio spike in every round.

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

CIZE®-A cardio dance class, dance routines to the hottest latest music tracks. Get Think you can't dance? The instructor will break down the moves, step-by-step, and gradually add on till you and your new dance crew can bust out the whole routine.

Deep Definitions-Sculpt and define every inch of your body in this strength training class.

Inclusive Yoga-For all ages, and level of abilities no matter their differences. A practice of mindfulness and breathing.

Hatha Yoga-A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

Kettlebells-Learn and perfect kettlebells movements. This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

Lower Body Blast-Focus on your lower body-hips, glutes and legs with strengthening workout.

PiYo®-PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. Cranked up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined

Pilates Mat-Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

SilverSneakers® Cardio-Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joint. The workouts include easy-to-follow low-impact and upper body strength, abdominal conditioning, stretching and relaxation exercise designed to energize your active lifestyle.

SilverSneakers® Circuit-Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hands-held weights, elastics tubing with handles, and a silver sneakers ball is alternated with low impact choreography. A chair is used for standing support, stretching and relation exercises.

SilverSneakers® Yoga-This class will improve your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform

Spin®-An intense cardio workout of simulated road bike riding to energized music. This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

Tabata-Non-stop action-Tabata is a short 20 second interval followed by 10 seconds of rest. Intervals are stacked in a cycles of 8.

Total body Conditioning-A full body workout designed to strengthen and tone the upper and lower body using assortment of fitness equipment.

Vinyasa Yoga-Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

Water Aerobics-An instructional class of aerobics movements performed in water, to improve cardiovascular fitness, and flexibility.

Zumba®-Zumba® takes the "work" out of the workout, by mixing low-intensity and high intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba®Gold-The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Kids Group Fitness Classes

Kids Bootcamp-Bootcamp class designed for children to workout their entire body using calisthenics. Ages 5-12 yrs. old.

Kids Zumba®-Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

CATCH®-Coordinated Approach To Child Health. The CATCH kids Club is a recreation program to promote behaviors that assist in developing and maintaining health in school-age children. The primary goal is to promote healthy nutrition and physical activity behavior.

SOME FRIENDLY REMINDERS

Classes meet the needs of all fitness levels and are FREE to all full facility members including teens! Registration is encouraged for emergency and statistical use.

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

The YMCA is not responsible for lost valuables.

Up-to-date class schedules are available online at www.ymcanyc.org/bronx

Schedules also available at the Front Desk.

All classes require a minimum of 5 attendees in order to run. Classes that do not meet the required minimum are subject to cancelation.

After 5 mins of the start time, participants will not be allowed in. This is to protect you from injury.

Please respect the class space and do not enter the room if you are not participating in the class.

All classes in the studio will accommodate the first 25 participants. Any more participants can be hazardous.

Class can be canceled due to YMCA special events.

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