

# GROUP EXERCISE HOLIDAY SCHEDULE



Schedule valid Friday, December 21, 2018–Tuesday, January 1, 2019

\*Winter schedule begins, Wednesday, January 2, 2019

## FRIDAY, DECEMBER 21

6:00-8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Floor Multipurpose
7:05-8:20 AM	Vinyasa Yoga	Kathi	Mind/Body Studio
8:25-9:25 AM	Pilates Mat – Advanced	Jonathan U.	Mind/Body Studio
9:00-10:00 AM	AOA Cardio Conditioning	Larissa	Group Exercise Studio
9:30-10:25 AM	Barre Workout	Kathy S.	2nd Fl. Multipurpose
9:30-10:25 AM	Cardio Sculpt	Julie	Mind/Body Studio
10:00-10:25 AM	AOA Stretch	Larissa	Group Exercise Studio
10:30-11:55 AM	Vinyasa Yoga – Advanced	Tatiana	Mind/Body Studio
10:30-10:55 PM	Core Training	Kathy S.	Group Exercise Studio
11:00-11:55 PM	MELT®	Liz	Group Exercise Studio
12:00-1:00 PM	Pilates Mat	Melissa	Group Exercise Studio
12:05-1:05 PM	Chair Yoga	Marci	Mind/Body Studio
12:15-1:15 PM	TRX	Yanique	4th Fl. Multipurpose
5:30-6:30 PM	Meditation	Tatiana	Mind/Body Studio
6:00-7:00 PM	Zumba®	Alet	Group Exercise Studio

## FRIDAY, DECEMBER 28

8:25-9:25 AM	Pilates Mat – Advanced	Jonathan U.	Mind/Body Studio
9:00-10:00 AM	AOA Cardio Conditioning	Larissa	Group Exercise Studio
9:30-10:25 AM	Cardio Sculpt	Julie	Mind/Body Studio
10:00-10:25 AM	AOA Stretch	Larissa	Group Exercise Studio
10:30-11:55 AM	Vinyasa Yoga – Advanced	Tatiana	Mind/Body Studio
11:00-11:55 PM	MELT®	Liz	Group Exercise Studio
12:15-1:15 PM	TRX	Yanique	4th Fl. Multipurpose

## SATURDAY, DECEMBER 22

9:00-10:25 AM	Tai Chi – Beginner	Tom	Mind/Body Studio
9:30-9:55 AM	Core Training	Jonathan W.	Group Exercise Studio
10:00-11:00 AM	Total Body Conditioning	Brian	Group Exercise Studio
10:00-11:00 AM	Orientation/Spin®	Jonathan W.	Spin Studio
10:30-12:00 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
11:05-11:50 AM	Spin®	Jonathan W.	Spin Studio
11:05-12:05 PM	Afro-Jazz	Uniqua	Group Exercise Studio
12:10-1:10 PM	Pilates Mat – Intermediate	Julie	Mind/Body Studio
12:10-1:10 PM	MELT®	Jon	Group Exercise Studio

## SATURDAY, DECEMBER 29

9:00-10:25 AM	Tai Chi – Beginner	Arnold	Mind/Body Studio
9:30-9:55 AM	Core Training	Jonathan W.	Group Exercise Studio
10:00-11:00 AM	Total Body Conditioning	Brian	Group Exercise Studio
10:00-11:00 AM	Orientation/Spin®	Jonathan W.	Spin Studio
10:30-12:00 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
11:05-11:50am	Spin®	Jonathan W.	Spin Studio
12:10-1:10 PM	Pilates Mat – Intermediate	Julie	Mind/Body Studio
1:15-2:45 PM	Iyengar Yoga	Richard	Mind/Body Studio
3:00-4:00 PM	Feldenkrais Method	Donna	Mind/Body Studio

## SUNDAY, DECEMBER 23

10:00-11:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
11:00-12:00 PM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
11:30-1:00 PM	Iyengar Yoga	Val	Mind/Body Studio
1:30-2:30 PM	Capoeira – Family Friendly!	Professora Misil	Group Exercise Studio
4:00-5:30 PM	Vinyasa Yoga	Jorge	Mind/Body Studio

## SUNDAY, DECEMBER 30

10:00-11:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
11:00-12:00 PM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
11:30-1:00 PM	Iyengar Yoga	Val	Mind/Body Studio
1:30-2:30 PM	Capoeira – Family Friendly!	Professora Misil	Group Exercise Studio
4:00-5:30 PM	Vinyasa Yoga	Jorge	Mind/Body Studio

## MONDAY, DECEMBER 24

9:00-9:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
9:30-10:25 AM	AOA Strength Training	Brian	Mind/Body Studio
10:30-11:25 AM	Zumba® Gold	Sonia	Group Exercise Studio
10:30-11:30 AM	Vinyasa Yoga – Advanced	Marci	Mind/Body Studio
11:30-12:25 PM	Chair Yoga	Marci	Mind/Body Studio
12:30-1:30 PM	Pilates Mat – Beginner	Mike L.	Group Exercise Studio
1:35-2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio

## MONDAY, DECEMBER 31

6:00-8:00 AM	Ashtanga Yoga: MYSORE	Evan	4th Fl. Multipurpose
9:00-9:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
9:30-10:15 AM	Spin®	Alex	Spin Studio
9:30-10:25 AM	AOA Strength Training	Brian	Mind/Body Studio
10:30-11:25 AM	Zumba® Gold	Sonia	Group Exercise Studio
12:30-1:30 PM	Pilates Mat – Beginner	Mike L.	Group Exercise Studio
1:35-2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio

## TUESDAY, DECEMBER 25

YMCA IS CLOSED

## TUESDAY, JANUARY 1, 2019

10:00-10:55 AM	Boot Camp	Erica	Group Exercise Studio
11:00-11:55 AM	Dance Party	Alet	Group Exercise Studio
11:00-12:00 PM	Spin®	Erica	Spin Studio
12:00-1:00 PM	Pilates Mat	Mike	Group Exercise Studio
4:00-5:15 PM	Gentle Yoga	Stephanie	Mind/Body Studio

ALL Holiday Aquatics and Gym Schedules can be found on our App or Website at <https://ymcanyc.org/westside>.

## WEDNESDAY, DECEMBER 26

9:00-9:30 AM	AOA Strength Training	Liz	Group Exercise Studio
9:30-10:30 AM	AOA Cardio Conditioning	Liz	Group Exercise Studio
10:30-10:45 AM	AOA Stretch	Liz	Group Exercise Studio
10:45-11:45 AM	Feldenkrais Method	Donna	Mind/Body Studio
11:00-12:00 PM	Total Body Conditioning	Cathy	Group Exercise Studio
12/12:15-1:00 PM	Orientation/Spin®	Cathy	Spin Studio
12:30-1:30 PM	Pilates Mat	Mike L.	Group Exercise Studio
1:35-2:35 PM	Chair Yoga	Tatiana	Mind/Body Studio
2:35-3:35 PM	Meditation	Tatiana	Mind/Body Studio

## THURSDAY, DECEMBER 27

7:00-8:00 AM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
9:30-10:25 AM	Dance Party – Family Friendly!	Alet	Mind/Body Studio
9:30-10:30 AM	Classic Barre®	Jonathan U.	2nd Fl. Multipurpose
9:30-10:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
10:30-11:30 AM	AOA Sit Fit	Brian	Mind/Body Studio
11:00-11:30 AM	Upper Body Blast	Jonathan W.	Group Exercise Studio
11:30-11:55 AM	Core Training	Jonathan W.	Group Exercise Studio
11:30-12:30 PM	AOA Stretch	Brian	Mind/Body Studio
12/12:15-1:00 PM	Orientation/Spin®	Jonathan W.	Spin Studio
12:15-1:15 PM	TRX Suspension Training	Frank	4th Fl. Multipurpose
5:30-6:25 PM	Boot Camp	Emily	Group Exercise Studio
6:00-7:15 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
6:30-7:30 PM	Pilates Mat	Julie	4th Fl. Multipurpose
6:30-7:30 PM	Spin®	Erica	Spin Studio

## HOLIDAY HOURS

<b>Christmas Eve</b> Monday, December 24	7:00 AM-3:00 PM
<b>Christmas Day</b> Tuesday, December 25	CLOSED
<b>New Year's Eve</b> Monday, December 31	7:00 AM-3:00 PM
<b>New Year's Day</b> Tuesday, January 1	7:00 AM-8:00 PM

For more information please contact,  
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**HAVE A SAFE & HAPPY HOLIDAY!**