

GROUP FITNESS SCHEDULE February 25-April 21

Mondays AM

6:00 - 6:45am	Indoor Cycling (Spin@)	Alma	Spin Studio
6:30 - 7:30am	Pilates Ball	Jenn	Studio A
7:00 - 7:50am	Aqua Aerobics	Sharri	Pool
8:00 - 8:45am	BodyPump Express™ (New)	Natarsha	Studio A
8:15 - 9:15am	Hatha Yoga	Emily R.	Studio B
9:00 - 10:00am	TRX Suspension (Fee based begins 3/11)	Simone	Studio C
9:30 - 10:00am	GRIT Cardio™	Oliver	Studio A
10:05 - 10:35am	CXWorx™	Oliver	Studio A
9:30 - 10:25am	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	Indoor Cycling (Spin@)	Sharri	Spin Studio
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
12:00 - 12:50pm	Aqua Aerobics	Simone	Pool

Tuesdays AM

6:30-7:00am	GRIT Strength™	Hannah	Studio A
6:30 - 7:45am	Hatha Yoga	Akwesi	Studio B
7:00 - 7:50am	Aqua Aerobics	Sharri	Pool
9:00 - 9:55am	Barre	Natarsha	Studio A
9:00 - 9:55am	Total Body Conditioning	Tanya	GYM
9:00 - 10:25am	Vinyasa Yoga	Naomi	Studio B
10:00 - 10:45am	Indoor Cycling (Spin@)	Miranda	Spin Studio
10:00 - 10:55am	ZUMBA	Natarsha	Studio A
10:30 - 11:25am	Hatha Yoga	Jane	Studio B
11:00 - 12:00pm	AOA Cardio Conditioning	Avion	Studio A
11:30 - 12:30pm	Hatha Yoga	Jane	Studio B
12:00 - 12:30pm	Core Training	Avion	Studio A
12:00 - 12:50pm	Aqua Aerobics	Simone	Pool
12:00 - 1:00pm	TRX Suspension (Fee based begins 3/12)	Sharri	Studio C

Wednesday AM

6:00 - 6:45am	Indoor Cycling (Spin@)	Sharri	Spin Studio
7:00 - 7:50am	Aqua Bootcamp	Matt	Pool
8:00 - 8:30am	Barre Express (New)	Natarsha	Studio A
8:30 - 10:00am	Hatha Yoga	Mare	Studio B
8:45 - 9:30am	BodyPump Express™	Natarsha	Studio A
9:40 - 10:10am	GRIT Cardio™	Oliver	Studio A
9:30 - 10:20am	Indoor Cycling (Spin@)	Miranda	Spin Studio
10:15 - 11:15am	Pilates Mat	Sophia	Studio A
10:30-11:25am	Total Body Conditioning	Miranda	Studio B
11:30 - 12:25pm	Core Training	Mare	Studio B
11:30 - 12:30pm	Tai Chi	Phil	Studio A
12:00 - 12:45pm	Indoor Cycling (Spin@)	Miranda	Spin Studio
12:00 - 12:50pm	Aqua Dance Aerobics	James	Pool
12:00 - 1:00pm	TRX Suspension (Fee based begins 3/13)	Simone	Studio C

Thursday AM

6:30 - 7:00am	GRIT Strength™	Hannah	Studio A
6:30 - 7:45am	Hatha Yoga	Akwesi	Studio B
7:00 - 7:50am	Aqua Aerobics	Matt	Pool
8:00 - 8:55am	Salsa	James	Studio A
9:00 - 9:55am	Total Body Conditioning	Tanya	GYM
9:00 - 9:55am	Beginner Pilates	Natarsha	Studio B
9:30 - 10:30am	Tai Chi Sword	Phil/Rebecca	Studio A
10:00 - 10:55am	Indoor Cycling (Spin@)	Sharri	Spin Studio
11:00 - 11:30am	CXWorx™	Petra	Studio A
10:30 - 11:25am	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 - 12:55pm	Chair Yoga	Dominique	Studio A
12:00 - 12:50pm	Aqua Aerobics	Sharri	Pool

Friday AM

6:00 - 6:45am	Indoor Cycling (Spin@)	Alma	Spin Studio
7:00 - 7:50am	Aqua Aerobics	Sharri	Pool
8:00 - 8:45am	Pilates (New)	Natarsha	Studio A
8:00-9:00am	Vinyasa Yoga	Emily R.	Studio B
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	Indoor Cycling (Spin@)	Sharri	Spin Studio
11:00 - 11:50am	Pilates Mat	Sophia	Studio A

Saturday AM

7:30-9:00am	Indoor Cycling (Spin@)	Bob	Spin Studio
8:00 - 9:00am	BodyPump™	Tyrice	GYM
9:10 - 9:40am	GRIT Cardio™	Chelsea	GYM
9:15 - 10:15am	Indoor Cycling (Spin@)	Bob	Spin Studio
9:30 - 10:25pm	Gentle Yoga (New)	Dominique	Studio B
9:30 - 10:30am	Tai Chi	Phil	Studio A
10:30 - 11:55am	Vinyasa Yoga - Intermediate	Dominique	Studio B
10:30 - 10:55am	Orientation to Indoor Cycling (Spin@)	Cathy	Spin Studio
11:00 - 12:00am	Indoor Cycling (Spin@)	Cathy	Spin Studio
11:00 - 12:00pm	Cardio Kickboxing Intervals	Tyrice	Studio A

Sunday AM

8:00 - 8:30 am	Orientation to Indoor Cycling (Spin@)	Bob	Spin Studio
8:30 - 9:25am	Trampoline Fitness	Jennifer	Studio A
9:00 - 10:00am	Indoor Cycling (Spin@)	Valerie	Spin Studio
9:00 - 9:55am	BodyCombat™	Petra	Studio B
9:30 - 10:30am	Total Body Conditioning	Avion	Studio A
10:00 - 10:55am	Pilates Mat	Sophia	Studio B
10:30 - 11:30am	Step & Sculpt	Avion	Studio A
11:00 - 11:55am	Pre & Post-Natal Yoga	Dominique	Studio B
11:30 - 12:45pm	Hip-Hop	Ray	Studio A
12:00 - 12:55pm	Hatha Yoga	Dominique	Studio B

ALL CLASSES INCLUDED WITH MEMBERSHIP!

BLUE Highlight Indicates NEW CLASS or TIME CHANGE!

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
5:00 - 5:55pm	Beginner Pilates		Natarsha	Studio A
6:00 - 7:00pm	Total Body Conditioning		Alma	GYM
6:00 - 7:00pm	ZUMBA		Natarsha	Studio A
6:30 - 8:00pm	Power Yoga		Emily R.	Studio B
7:00 - 7:30pm	Core Connection		Alma	Studio C
7:00 - 8:00pm	BodyPump™		Tyrice	GYM
7:00 - 8:00pm	Indoor Cycling (Spin@)		Emily H.	Spin Studio
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
7:00 - 7:50pm	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
3:00 - 3:55pm	Salsa		James	Studio A
4:30 - 5:30 pm	Orientation to Indoor Cycling (Spin@)		Alma	Spin Studio
5:00 - 5:55pm	F.I.T.T. Teens		Victoria	Studio A
5:00 - 5:30pm	PIYO (New)		Miranda	Studio B
5:30 - 6:30pm	Indoor Cycling (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	Pre & Post-Natal Yoga		Anna	Conf Rm
7:00- 8:00 pm	Inversions Yoga (New)		Anna	Conf Rm
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:30pm	Hatha Yoga		Mare	Studio B
7:40 - 8:40pm	Total Body Conditioning		Alma	Studio A

Wednesday PM

12:30 - 12:55pm	Stretching		Mare	Studio B
1:00 - 1:30pm	PIYO (New)		Miranda	Studio A
1:00 - 1:55pm	M.E.L.T.®		Jane	Studio B
2:00 - 3:00pm	M.E.L.T. Strength ® - Advanced		Jane	Studio B
2:00 - 2:55pm	AOA Strength Training		James	Studio A
3:00 - 3:55pm	Jazz		James	Studio A
4:00 - 5:00pm	Total Body Conditioning		Avion	Studio A
4:15 - 5:00pm	CATCH for Kids		Victoria	Studio B
5:05 - 5:50pm	Groove for Kids		Victoria	Studio B
5:55 - 6:50pm	Hip Hop		Victoria	Studio B
5:30 - 6:25pm	Kettlebells		Alma	Studio A
6:30 - 7:25pm	Zumba		Natarsha	Studio A
6:30 - 7:30pm	BodyPump™		Tyrice	GYM
6:45 - 7:30pm	Indoor Cycling (Spin@)		Alma	Spin Studio
7:00 - 8:30pm	Power Yoga		Emily R.	Studio B
7:40 - 8:40pm	ZUMBA		Alma	Studio A

Thursday PM

12:45 - 1:45pm	Stretch		Jane	Studio B
1:00 - 1:55pm	AOA Strength Training		James	Studio A
2:00 - 3:00pm	AOA Cardio Conditioning		James	Studio A
5:00 - 5:55pm	Barre		Natarsha	Studio A
5:00 - 6:10pm	Vinyasa Yoga		Dominique	Studio B
6:00 - 6:30pm	GRIT Mix™		Chelsea	Studio A
6:00 - 7:00pm	TRX Suspension (Fee based begins 3/14)		Sharri	Studio C
6:45 - 7:45pm	Pilates Mat		Sophia	Studio A
7:00 - 7:50pm	Indoor Cycling (Spin@)		Emily H.	Spin Studio
7:00 - 7:50pm	Aqua Zumba (New)		Alma	Pool
6:15 - 7:10pm	M.E.L.T.® (New Time)		Jane	Studio B
7:15 - 8:15pm	Stretch (New Time)		Jane	Studio B

Friday PM

12:00- 12:55pm	Hatha Yoga		Dominique	Studio B
12:00 - 1:00pm	BodyPump™		Sophia	Studio A
12:00 - 12:50pm	Aqua Aerobics		Simone	Pool
1:00 - 1:25pm	Meditation		Dominique	Studio B
1:15 - 2:15pm	ZUMBA		Sophia	Studio A
1:30 - 2:30pm	Vinyasa Yoga		Dominique	Studio B
2:30-3:30PM	Broadway Dance (New)		James	Studio A
4:00 - 5:30pm	Vinyasa Yoga		Naomi	Studio B
5:00 - 5:55pm	F.I.T.T. Teens		Victoria	Studio A
6:00 - 7:00pm	Tai Chi		Rebecca	Studio B
6:30 - 7:25pm	Indoor Cycling (Spin@) (New)		Cathy	Spin Studio
6:00 - 6:45pm	BodyPump Express™		Tyrice	GYM
6:00 - 6:55pm	Barre (New)		Natarsha	Studio A
7:00 - 8:00pm	ZUMBA		Sophia	Studio A

Saturday PM

12:00 - 12:55pm	Gentle Yoga		Dominique	Studio B
12:30 - 1:25pm	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 - 5:30pm	Ballet		James	Studio A

Sunday PM

12:45 - 1:30pm	Advanced Kettlebells		Alma	Studio A
1:00 - 2:30pm	Hatha Yoga		Dominique	Studio B
1:35 - 2:35pm	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

Sign in for Jazz, GRIT, Body Pump & Spin@ & CXWorx at Welcome Desk.

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