

## Active Older Adult (AOA)

**Silver Sneakers® Classic** –Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a Silver-Sneakers ball are offered for resistance. A chair is used for seated and/or standing support.

**Zumba Gold®** –The easy-to-follow program that lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® provides modified, low-impact moves and easy-to-follow pacing for a healthy, active lifestyle!

**Yoga Stretch®**– Yoga Stretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity.

## Cardio

**BOSU® Conditioning** – Challenge your coordination and functional strength like never before with BOSU ball training. BOSU will provide a complete workout—total body strength, cardio and balance training—like you have never experienced before.

**H.I.I.T-** Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

**POUND-** is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

**Indoor Cycling** – A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

**Step** – A great cardio workout for all fitness levels. Using an aerobic step with or without risers, class members step up and down to the music giving a complete upper and lower body.

## Dance

**Soca AFRO-bics®** – A high intensity dance fitness class fused with African dance, African music, Caribbean dance, Soca music and aerobics!

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

**Wukkout!®**– Wukkout! is a Caribbean based dance fitness class designed to make you have fun and sweat just like you would if you were at Carnival! Find your groove while increasing your fitness level with body sculpting "winning" techniques that give you an intense, total-body, aerobic workout to soca, calypso and chutney music.

**World Dance** – A dance movement class that focuses on the core muscles, emphasizing muscular isolation. Dance to rhythms from around the World while learning traditional movements and combinations.

## Family

**Family Stretch** – The whole family (Adults with Children 5+) will get to stretch their muscles. They will also enjoy the fun and bonding that comes with family activities. Children should dress comfortably. Equipment provided.

**Fit Kids** – Run, jump, catch, dance, and have fun. This class is all about moving, staying healthy, and having fun.

**Zumba Kids®** – The Zumba Kids program is the ultimate dance-fitness party for young Zumba fans ages 7-11, where they can play it loud and rock with friends! Age-appropriate music moves and gets kids movin' to the beat.

**Zumba Kids Jr®** – The Zumba Kids Jr. classes are a dance party for lil' feet where pint sized party animals get silly, dream big, and begin their journey to a healthy future. (Ages 4-6)

## Strength

**Boot Camp** – An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

**BOSU® Conditioning** – Challenge your coordination and functional strength like never before with BOSU ball training. BOSU will provide a complete workout—total body strength, cardio and balance training—like you have never experienced before.

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

**Kettle bells** –This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment.

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

**Train Like An Athlete**— Athletic drills create an intense workout to get your performance to the next level.

**Zumba Toning®**– The challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!

## Mind Body /Core

**Ashtanga Yoga:** A Yoga class that practices linking together postures that focus on building strength and stamina, simultaneously building muscle and increasing flexibility.

**Anusara Yoga**– A yoga class that is both spiritually inspiring and yet grounded in a deep knowledge of outer and inner body alignment. The central philosophy of this yoga is that each person is equally divine in every part—body, mind, and spirit

**Kripalu Yoga**– A form of yoga that focuses on the 7 main chakras in the body. methods to help you energize, rejuvenate these energy centers for optimal health, and daily balance.

**Core Conditioning** – This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

**Gentle Yoga**– Designed to teach basic Yoga postures that will enhance flexibility, balancing, and promoting relaxation.

**Hatha Yoga**– A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome.

**Pilates Mat** – Based on original Pilates techniques, This class is designed to restore muscular balance, improve posture, help prevent injury, and build strength and flexibility.

**PiYo™** – A mind/body format that moves very quickly and powerfully using the body's own resistance to create strength from the core out. PiYo Strength™ is inspired by pilates and yoga, but does not limit itself to those boundaries. You will improve your strength, flexibility and balance in PiYo Strength™ which makes it an excellent basis for any athletic endeavor you choose.

**Power Yoga** – Certain to get you hot under the collar by bringing you out in a healthy sweat, you'll find Power Yoga is good for weight loss, flexibility, circulation and strength, and because you spend time focusing on your posture and breathing, it can help you unwind and relax too.

**Vinyasa Yoga** – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition.

**Ultimate Abs**– Our most challenging ab workout - this intense class is all about your core.

Stay informed about schedule changes, events, class subs, and more.

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Search "YMCA of Greater New York"  
Available on Apple and Android



# RIDGEWOOD YMCA

## SPRING 1 GROUP EXERCISE SCHEDULE 2/25/2019– 4/21/2019

- ☒ This class uses a ticket system. Tickets are distributed starting 1 hour prior to class at the front desk
- 👨👩👧👦 Family Classes are open to family members of all ages 5 and up. (Unless age group is specified)
- ▲ Teen Friendly –Children over the age of 12 with parental consent or parent participation.
- ☀️ Senior Friendly
- \* Class requires registration
- 🌟 New Class, Class Location, or Time



Monday	
9:00-9:50am Studio	<b>Total Body Conditioning</b> Camrand <i>Open to all</i>
10:00-11:00am Studio	<b>Hatha Yoga</b> Alisa <i>Open to all</i>
11:30-12:30p Gym	<b>Silver Sneakers Classic®*</b> Sonia <i>Open to all</i>
5:15-6:00pm Studio	<b>Family Stretch</b> Haydy <i>Open to all</i>
6:15-7:00pm Gym	<b>Train Like An Athlete</b> John <i>Advanced</i>
6:15-7:00pm Studio	<b>Step Aerobics</b> Haydy <i>Open to all</i>
7:15-8:00pm Gym	<b>Wukkout®</b> Ariana <i>Open to all</i> 
7:15-8:00pm Studio	<b>Vinyasa Yoga</b> Casey <i>Open to all</i>
7:15-8:00pm CR 1	<b>Indoor Cycling☒^</b> John <i>Open to all</i>
8:10-8:50pm Studio	<b>Meditation</b> Casey <i>Open to all</i>
8:15-9:00pm CR 1	<b>Ultimate Abs</b> John <i>Open to all</i>




Child Watch

Y Kids Zone

Tuesday	
9:00-9:50am Studio	<b>Zumba®</b> Kasia <i>Open to all</i>
10:00-11:00am Studio	<b>Vinyasa Yoga</b> Barbara <i>Open to all</i>
10:00-11:00am GYM	<b>Zumba Gold®*</b> Kasia <i>Open to all</i>
11:15-12:00pm Studio	<b>Gentle Yoga</b> Barbara <i>Open</i>
6:15-7:00pm Studio	<b>PiYo™</b> Lisa <i>Open to all</i>
6:15-7:00pm Gym	<b>Boot Camp</b> Kiara <i>Open to all</i>
6:15-7:00pm CR 1	<b>Zumba®</b> Josué <i>Open to all</i>
7:15-8:00pm CR 1	<b>Indoor Cycling☒^</b> Josué <i>Open to all</i>
7:15-8:00pm Studio	<b>Deep Definitions</b> Kiara <i>Intermediate</i>
8:15-9:00pm Studio	<b>Soca AFRO-bics®</b> Kiara <i>Open to all</i>

Child Watch

Y Kids Zone

Wednesday	
9:00-9:50am Studio	<b>Total Body Conditioning</b> Josué <i>Open to all</i>
10:00-11:00am Studio	<b>Kripalu Yoga</b> Barbara <i>Open to all</i>
10:30-11:30a Gym	<b>Silver Sneakers Classic®*</b> Josué <i>Open to all</i>
5:15-6:00pm Studio	<b>Fit Kids*</b> Darryl <i>Ages 5-12</i>
6:15-6:45pm Studio	<b>Core Conditioning (Abs)^</b> Jannette <i>Open to all</i> 
6:15-7:00pm Gym	<b>Kettlebells</b> Josué <i>Open to all</i> 
7:15-8:00pm Gym	<b>Zumba®^</b> Josué <i>Open to all</i>
7:15-8:00pm Studio	<b>Total Body Conditioning</b> Haydy <i>Intermediate/Advanced</i> 
7:15-8:00pm CR 1	<b>Indoor Cycling☒^</b> Jannette <i>Open to all</i>
8:15-9:15pm Studio	<b>Kripalu Yoga</b> Barbara <i>Open to all</i>

Child Watch

Y Kids Zone

Thursday	
8:00-8:50am Studio	<b>Deep Definitions</b> John <i>Open to all</i>
9:00-9:50am Studio	<b>Anusara Yoga</b> Lisa <i>Open to all</i>
10:00-10:50am Studio	<b>Zumba®</b> Kasia <i>Open to all</i>
11:00-12:00pm Studio	<b>Yoga Stretch*</b> Barbara <i>Open to all</i>
6:15-7:00pm Studio	<b>Pilates Mat</b> Lisa <i>Open to all</i>
6:15-7:00pm CR 1	<b>Indoor Cycling☒^</b> John <i>Open to all</i>
7:15-8:00pm CR 1	<b>Indoor Cycling☒^</b> John <i>Intermediate</i> 
7:15-8:15pm CR 3 & CR 4	<b>Anusara Yoga</b> Lisa <i>Open to all</i>
7:15-8:00pm Studio	<b>Total Body Conditioning</b> Davon <i>Intermediate</i> 
8:15-9:00pm Studio	<b>Zumba®</b> Latifa <i>Open to all</i>



Child Watch

Y Kids Zone

Friday	
9:00-9:50am Studio	<b>Pilates Mat</b> Lisa <i>Open to all</i>
10:00-10:50am Studio	<b>Zumba Toning®</b> Kasia <i>Open to all</i>
10:30-11:30am Gym	<b>Silver Sneakers Classic®*</b> Lisa <i>Open to all</i>
6:15-7:00pm Studio	<b>POUND</b> Lisa <i>Open to all</i>
6:15-7:00pm Gym	<b>Total Body Conditioning ^</b> Camrand <i>Open to all</i>
7:15-8:45pm Studio	<b>Vinyasa Yoga</b> Stefanie <i>Open to all</i>

Child Watch

Y Kids Zone

Saturday	
9:00-9:50am Studio	<b>BOSU Conditioning</b> John <i>Open to all</i>
9:00-10:00am CR 3 & 4	<b>Hatha Yoga</b> Alisa <i>Open to all</i>
10:00-10:50am CR 1	<b>Indoor Cycling☒^</b> Davon <i>Open to all</i>
11:00-11:45am Gym	<b>Total Body Conditioning</b> Davon <i>Open to all</i>
10:00-10:50am Studio	<b>Zumba®</b> Latifa <i>Open to all</i>
11:10-12:00pm CR 1	<b>Zumba Kids®*</b> Latifa and Ali <i>Ages 7-11</i> 
12:10-12:55pm CR 1	<b>Zumba Kids Jr.®*</b> Latifa and Ali <i>Ages 4-6</i> 
12:00-12:50p Gym	<b>Fit Kids*</b> Joe and Tyler <i>Ages 5-12</i>

Child Watch

Y Kids Zone

Sunday	
10:00-10:50am Gym	<b>Bootcamp</b> Carol <i>Open to all</i>
11:00-11:50am Gym	<b>Zumba®</b> Carol <i>Open to all</i>
11:00-12:00pm Studio	<b>Vinyasa Yoga</b> Stefanie <i>Open to all</i>
12:00-12:50pm Studio	<b>Vinyasa Yoga</b> Stefanie <i>Open to all</i>

Child Watch

## CLASS REMINDERS

- Participants will not be allowed in the class once 10 minutes have passed. This is to protect you from injury.
- Classes meet the needs of all fitness levels and are FREE to all full facility members — including teens!
- Up-to-date class schedules are available online at [ymcanyc.org/ridgewood](http://ymcanyc.org/ridgewood)
- Schedules are also available at the Front Desk.
- 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.
- Class can be canceled due to YMCA special events.


☒ This class uses a ticket system. Tickets are distributed starting 1 hour prior to class at the front desk

👨👩👧👦 Family Classes are open to family members of all ages 5 and up. *(Unless age group is specified)*

▲ Teen Friendly -Children over the age of 12 with parental consent or parent participation.

☀ Senior Friendly

\* Class requires registration

 New Class, Class Location, or Time

Studios:  
Gym (ground Level)  
Studio (upper level),  
Multipurpose Studio (Ground Level)  
Classroom 1 (CR 1) (Lower level)  
Classroom 3 (CR 3) (Lower level)  
Classroom 4 (CR 4) (Lower level)