

GROUP FITNESS SCHEDULE April 22-June 23

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™	Natarsha	Studio A
8:15 - 9:15am	Hatha Yoga	Emily R.	Studio B
9:00 - 10:00am	TRX Suspension (Fee based begins 5/13)	Simone	Studio C
9:30 - 10:00am	GRIT Cardio™	Hannah	Studio A
10:05 - 10:35am	CXWorx™	Hannah	Studio A
9:30 - 10:25am	Gentle Yoga for All Women	Anna	Studio B
10:00 - 10:55am	Pilates TRX Suspension Fee based 5/13	Natarsha	Studio C
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 5/14)	Sharri	Studio C

Wednesday AM

6:00 - 6:45am	Indoor Cycling (Spin®)	Jenn	Spin Studio
7:00 - 7:50am	Aqua Bootcamp	Matt	Pool
8:00 - 8:30am	Barre Express	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	HIIT	TBD	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 5/15)	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 Dance Party	James	Studio A
9:00 - 9:55am	Total Body Conditioning	Tanya	GYM
9:00 - 9:55am	Tai Chi Sword	Phil/Rebecca	Studio A
10:00 - 10:55am	Beginner Pilates	Natarsha	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	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
10:45 - 12:00am	Indoor Cycling (Spin®)	Cathy	Spin Studio
11:00 - 12:15pm	Cardio Kickboxing Intervals	Tyrice	Studio A

Sunday AM

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

For the most up to date instructor subs, class changes or cancellations, please check the App ("YMCA of Greater New York" in the App store and select Dodge) or visit www.ymcanyc.org/dodge/schedules to view the interactive calendar.

This is a monthly schedule and does not show last minute changes.

ALL CLASSES INCLUDED WITH MEMEBERSHIP!

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
8:05-9:05pm	Salsa (New)		Alma	Studio B

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 Dance Party		James	Studio A
5:00 - 5:55pm	F.I.T.T. Teens		Victoria	Studio A
5:00 - 5:45pm	PIYO		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 - 6:55pm	Pilates TRX Suspension Fee Based 5/14		Natarsha	Studio C
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		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 - 1:45pm	PIYO		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

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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
4:00 - 4:55pm	Chair Tai Chi (NEW)		Rebecca	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 5/16)		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		James	Pool
6:15 - 7:10pm	M.E.L.T.®		Jane	Studio B
7:15 - 8:15pm	Stretch		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		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@)		Cathy	Spin Studio
6:00 - 6:45pm	BodyPump Express™		Tyrice	GYM
6:00 - 6:55pm	Barre		Natarsha	Studio A
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
8:05 - 9:05pm	Pop Dance Party		Victoria	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

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

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

BLUE Highlight Indicates NEW CLASS or TIME CHANGE!