



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP FITNESS SCHEDULE

## Spring 2019 (Effective 5/6/2019)

### SUNDAY

10:00 am	Core Training	Caroline B.	Studio A
10:35 am	Cycling	Caroline B.	Studio B
10:45 am	Vinyasa Yoga	Rob S.	Studio A
11:25 am	TotalBodyConditioning	Caroline B.	MP
1:00 pm	Hatha Yoga	James	Studio A

### MONDAY

<b>6:30 am</b>	<b>Pilates Reformer/L1</b>	<b>Greg</b>	<b>Studio A</b>
7:00 am	Cycling	Kevin	Studio B
7:30 am	INSANITY®	Greg	MP
<b>9:00 am</b>	<b>TotalBodyConditioning</b>	<b>Pat</b>	<b>Studio B</b>
10:00 am	Vinyasa Yoga +	Bill	Studio A
10:00 am	Fit & Flexible	Karen	MP
<b>10:00 am</b>	<b>Stretching</b>	<b>Pat</b>	<b>Studio B</b>
12:00 pm	Hatha Yoga	Lindsay	Studio A
12:15 pm	Cardio Kickboxing	Andrew	MP
12:15 pm	"AB" Solute Spin	Susan	Studio B
12:30 pm	Low Impact Cardio	Karen	Studio C
1:05 pm	TotalBodyConditioning	Andrew	MP
1:05 pm	Tai Chi	Roberto	Studio A
<b>2:00 pm</b>	<b>Zumba® Gold</b>	<b>Yurie</b>	<b>Studio B</b>
5:45 pm	TotalBodyConditioning	Terrence	MP
5:45 pm	Cycling	Hillarey	Studio B
6:15 pm	Core Training	Karen	Studio C
6:30 pm	Advanced Step	Sam	MP
6:30 pm	Hatha Yoga	Lindsay	Studio A
6:35 pm	Cycling	Brent	Studio B
7:00 pm	MELT®	Jonathan	Studio C
7:30 pm	Zumba®	Sarah	Studio B
7:35 pm	Deep Definitions	Brent	MP
8:30 pm	Cycling	Brent	Studio B

### TUESDAY

6:30 am	Boot Camp	Binky	Studio B
7:00 am	Vinyasa Yoga +	Barbara	Studio A
7:15 am	Stretching	Binky	Studio B
<b>9:00 am</b>	<b>TotalBodyConditioning</b>	<b>Irisha</b>	<b>Studio B</b>
9:45 am	Hatha Yoga	Tess	Studio A
10:00 am	INSANITY®	Greg	MP
<b>10:00 am</b>	<b>Strength Training</b>	<b>Karen</b>	<b>Studio B</b>
11:00 am	Stretch & Meditate	Tess	Studio A
11:15 am	MELT®	Jonathan	MP
<b>11:15 am</b>	<b>Tai-Chi</b>	<b>Roberto</b>	<b>Studio B</b>
12:15 pm	TotalBodyConditioning	Karen	MP
12:15 pm	Zumba®	Sonia	Studio A
12:15 pm	Cycling	Andrew	Studio B
12:30 pm	Prenatal Yoga	Lindsay	Studio C
1:05 pm	Core Training	Karen	Studio B
1:05 pm	Zumba®	Yurie	MP
1:05 pm	Hatha Yoga	Tess	Studio A
5:30 pm	Kettlebells	Terrence	MP
5:30 pm	INSANITY®	Greg	Studio A
<b>6:10 pm</b>	<b>Kenshikai-Kan Karate</b>	<b>Leighton</b>	<b>Studio C</b>
6:15 pm	Cycling	Terrence	Studio B
6:15 pm	Vinyasa Yoga	Kristin	Studio A
6:30 pm	Hi-Lo Cardio	Hillarey	MP
<b>7:10 pm</b>	<b>Kenshikai-Kan Karate</b>	<b>Leighton</b>	<b>Studio C</b>
7:30 pm	emPOWer	Terrence	Studio B
7:30 pm	Ultimate Abs	Brent	MP
<b>8:10 pm</b>	<b>Kenshikai-Kan Karate</b>	<b>Leighton</b>	<b>Studio C</b>

### WEDNESDAY

7:00 am	Cycling	Kevin	Studio B
<b>7:00 am</b>	<b>Pilates Reformer/L1</b>	<b>Annette</b>	<b>Studio A</b>
7:00 am	Vinyasa Yoga	Hess	Studio C
7:15 am	P90X	Greg	MP
<b>8:30 am</b>	<b>Strength Training</b>	<b>Janine</b>	<b>Studio B</b>
<b>9:00 am</b>	<b>TotalBodyConditioning</b>	<b>Janine</b>	<b>Studio B</b>
10:00 am	Hatha Yoga	Natalia	Studio A
<b>10:00 am</b>	<b>Zumba® Gold</b>	<b>Yurie</b>	<b>MP</b>
11:15 am	Soul Line Dancing	Anita	Studio A
<b>12:15 pm</b>	<b>Pilates Reformer/L1</b>	<b>Jacqueline</b>	<b>Studio A</b>
12:15 pm	TotalBodyConditioning	Annette	MP
12:15 pm	Cycling	Sam	Studio B
12:30 pm	Low Impact Cardio	Karen	Studio C
1:05 pm	emPOWer	Michael	Studio B
1:10 pm	Hatha Yoga	Suzanne	Studio A
1:15 pm	Pilates Mat	Jacqueline	Studio C
1:15 pm	Barre +	Madelyn	MP
5:30 pm	TotalBodyConditioning	Karen	MP
5:45 pm	Cycling	Annette	Studio B
6:00 pm	Pilates Mat	Theresa	Studio A
6:10 pm	Tai Chi	Roberto	Studio C
6:30 pm	TotalBodyConditioning	Terrence	MP
6:35 pm	Cycling	Brent	Studio B
7:00 pm	Vinyasa Yoga	Rob S.	Studio A
7:00 pm	MELT®	Jonathan	Studio C
7:30 pm	Deep Definitions	Brent	Studio B
8:30 pm	Cycling	Brent	Studio B

### THURSDAY

6:30 am	Boot Camp	Binky	Studio B
7:15 am	Stretching	Binky	Studio B
<b>9:00 am</b>	<b>TotalBodyConditioning</b>	<b>Irisha</b>	<b>Studio B</b>
9:45 am	Vinyasa Yoga +	Natalia	Studio A
<b>10:00 am</b>	<b>Zumba® Gold</b>	<b>Yurie</b>	<b>MP</b>
<b>10:00 am</b>	<b>Strength Training</b>	<b>Karen</b>	<b>Studio B</b>
<b>11:00 am</b>	<b>Tai Chi</b>	<b>Roberto</b>	<b>Studio B</b>
11:00 am	Postnatal Yoga	Lindsay	Studio A
11:05 am	Modern Dance +	Yurie	MP
12:15 pm	TotalBodyConditioning	Karen	MP
12:15 pm	Cycling	Annette	Studio B
12:15 pm	Core Connection	Leslie	Studio A
12:15 pm	Prenatal Yoga	Lindsay	Studio C
1:05 pm	Core Training	Karen	Studio B
1:10 pm	Zumba® ++	Yurie	Studio A
1:15 pm	Kettlebells	Terrence	MP
5:30 pm	TotalBodyConditioning	Andrew	MP
5:30 pm	Hatha Yoga	Suzanne	Studio A
<b>6:10 pm</b>	<b>Kenshikai-Kan Karate</b>	<b>Leighton</b>	<b>Studio C</b>
6:30 pm	GROOVE ++	Leslie	Studio B
6:30 pm	Power Yoga	Suzanne	Studio A
6:30 pm	Kettlebells	Andrew	MP
<b>7:10 pm</b>	<b>Kenshikai-Kan Karate</b>	<b>Leighton</b>	<b>Studio C</b>
7:30 pm	Ultimate Abs	Caroline R.	Studio B
8:00 pm	Meditation	Kristin	Studio A

### FRIDAY

7:00 am	Cycling	Kevin	Studio B
<b>7:00 am</b>	<b>Pilates Reformer/L2</b>	<b>Annette</b>	<b>Studio A</b>
7:15 am	INSANITY®	Greg	MP
<b>8:10 am</b>	<b>Chair Yoga</b>	<b>Madelyn</b>	<b>Studio B</b>
<b>9:00 am</b>	<b>TotalBodyConditioning</b>	<b>Madelyn</b>	<b>Studio B</b>
10:00 am	Hatha Yoga	Lindsay	Studio A
10:00 am	Pilates Mat	Theresa	MP
<b>10:00 am</b>	<b>Stretching</b>	<b>Madelyn</b>	<b>Studio B</b>
11:00 am	Open Adult Ballet	Yurie	Studio B
11:05 am	Tai Chi	Roberto	Studio A
12:15 pm	Zumba®	Sonia	Studio B
12:15 pm	Boot Camp	Michael	MP
12:15 pm	Hatha Yoga	Lindsay	Studio A
12:30 pm	TotalBodyConditioning	Karen	Studio C
1:05 pm	Spin in the Zone	Ellen	Studio B
1:15 pm	TotalBodyConditioning	Caroline B.	MP
1:30 pm	MELT®	Jonathan	Studio A
5:30 pm	TotalBodyConditioning	Karen	MP
6:15 pm	Kettlebells	Terrence	MP
6:30 pm	Cycling	Sam	Studio B
7:00 pm	Gentle Yoga	Lindsay	Studio A
7:15 pm	Core Training	Sam	Studio B

### SATURDAY

9:00 am	Tai Chi	Roberto	Studio C
10:00 am	Vinyasa Yoga	Kristin	Studio A
10:00 am	Hi-Lo Cardio	Hillarey	MP
10:45 am	Bikes & Bells	Ellen	Studio B
11:00 am	TotalBodyConditioning	Hillarey	MP
<b>11:30 am</b>	<b>Pilates Reformer/L2</b>	<b>Kristin</b>	<b>Studio A</b>
12:15 pm	Zumba®	Yurie	MP
<b>12:20 pm</b>	<b>Pilates Reformer/L1</b>	<b>Kristin</b>	<b>Studio A</b>
1:15 pm	Hatha Yoga	James	Studio A
1:30 pm	Basic Adult Ballet	Yurie	Studio B

### Room Locations

Multi Purpose (MP)	2nd Fl.
Gymnasium	2nd Fl.
Studio A	3rd Fl.
Studio B	3rd Fl.
Studio C	1st Fl.

Please note that all classes listed in **BOLD** type are **FEE-BASED** classes. Classes and instructors are subject to change without notice. For information on fitness class schedules, please call Adam Gruberger, Senior Healthy Lifestyles Director at 212-912-2523 or [agruberger@ymcanyc.org](mailto:agruberger@ymcanyc.org)

**Beginner Karate Class**  
**Advanced Karate Class**  
**Active Older Adults (AOA)**

**+ New Class**  
**++ Time Change**

# GROUP FITNESS CLASS DESCRIPTIONS

## YOGA MIND/BODY CLASSES

### Gentle Yoga

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

### Hatha Yoga

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

### Vinyasa Yoga

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

### Power Yoga

An athletic-based yoga class with challenging movements. Recommended for advanced yoga practitioners.

### Tai Chi

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self-defense.

### Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

### Stretch & Relax

Traditional practice to balance "life energy" built on a foundation of aligning body, breath and mind. Incorporates simple stretching.

### Meditation

Discover inner silence and calm through this intro to meditation. A variety of techniques will be experienced during classes designed to relax and re-calibrate the mind.

### 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.

### MELT®

The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body's connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

### GROOVE

A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple choreography and authentic body movement to amazing music. Dance YOUR dance.

### Core Connection

An effective and challenging class which incorporates Pilates, yoga and breath work. To strengthen, lengthen and connect to your core on a deeper level.

### Prenatal Yoga

Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

### Postnatal Yoga

Postnatal Yoga focuses on strengthening the pelvic floor muscles, engaging your core, and creating a sense of community among the women who participate. Appropriate for moms 6 weeks postpartum and up. Moms are welcome to bring their babies or come alone!

## STRENGTH TRAINING CLASSES

### P90X®

Combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics and stretching.

### Core Training

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

### Deep Definitions

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

### Fit & Flexible

This class uses only body resistance for the workout. The student is led through 15 minutes of abs, 15 minutes of lower body, followed by a full 15 minutes of stretching and lengthening the various muscle groups.

### Total Body Conditioning

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

### Boot Camp

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

### Interval Training

High intensity cardio alternated with recovery periods of low cardio intensity.

### Cardio Kickboxing

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

### Ultimate Abs

Our most challenging ab workout - this intense class is all about your core.

### INSANITY®

INSANITY® live! Workout in three to five-minute blocks and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits - so your body has to adapt.

### Kettlebells

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. Take your body to the next level with Kettlebell training!

## AEROBIC/DANCE CLASSES

### Advanced Step

Using an aerobic step, participants follow choreography and step up and down to music. Prior step experience is advised.

### Barre

Strengthen and tone your body with this ballet-inspired workout.

### Modern Dance

Learn a variety of dance styles from hip hop to the waltz, focusing on dance techniques of the week working on balance and musicality. Take one step forward to discover the world of dance!

### Hi-Lo Cardio

An energizing workout that uses high and low impact movements. Participants can choose their own levels of intensity and impact.

### Low Impact Cardio

Get a cardio challenge with minimal impact on bones and joints!

### 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.

### Cardio Combo

A combination of cardio dance, kickboxing and plyometric challenges designed to exercise both the mind and body.

### Open Adult Ballet

A technique class that places emphasis and attention on alignment and placement of the body.

### Soul Line Dancing

Join us dancing in lines performed in unison with a repeating series of steps to choreographed dances to R&B and Hip-Hop. Come join the fun.

### Basic Adult Ballet

Learn ballet basics and improve your posture, balance, muscle tone and core. You can increase your range of motion and flexibility. Enjoy the beautiful classical music and graceful movements.

## CYCLING CLASSES

### Cycling

An intense cardio workout of simulated road bike riding to energizing music.

### Spin in the Zone

This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not required for class.

### "Ab"solute Spin

One full hour of spinning followed by 30 minutes of core/abdominal work. Come for 60 minutes or stay 'til the end! A real challenge!

### Bikes & Bells

A one hour high intensity interval training combination of spin, with a blast of Kettlebells at the end.

## AOA CLASSES

The Vanderbilt YMCA offers a comprehensive health and fitness program as well as a schedule of social events for Active Older Adults 55 years of age and over.

### AOA Chair Yoga

A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

### AOA Strength Training

This 1/2 hour strength training workout is especially for older adults or anyone who would like to include a low-intensity, low-impact workout in their fitness plans.

### AOA Total Body Conditioning

A full body workout designed especially for older adults to strengthen and tone the upper and lower body using an assortment of fitness equipment.

### AOA Tai Chi

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.

### AOA Stretching

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

### Zumba Gold®

The design of this 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.

## MARTIAL ARTS/AEROBICS CLASSES

### emPOWER

This workout focuses on all parts of the body, combining boxing moves with strength work. Enjoy this high-energy workout challenge.

### Kenshikai-Kan Karate

This class offers a comprehensive program of movement, self-defense and meditation. Regular participation develops strength, agility, flexibility and coordination along with focus and peace of mind.

### Adult Self-Defense

Join us for a new 8-week session series to help teach adult self defense techniques. Master and learn moves to help protect yourself.