



West Side
YMCA

Group
Exercise
SUMMER
2019

MONDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	Mind/Body Studio
	7:15 – 8:00 AM	Indoor Cycling	Alex	Cycle Studio
	8:05 – 8:55 AM	Aqua Arthritis	Yean	Small Pool
	9:00 – 9:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
	9:15 – 10:00 AM	Circuit Training	Yanique	Functional Training Center
	9:30 – 10:25 AM	DANCEALATES®:barre	Melissa	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	Total Body Conditioning	Melissa	Group Exercise Studio
CHILD WATCH 5:30PM-7:30PM	11:30 – 12:25 PM	Chair Yoga	Marci	Mind/Body Studio
	12:30 – 1:30 PM	MELT®	Edya	Mind/Body Studio
	12:30 – 1:30 PM	Pilates Mat – Beginner	Mike L.	Group Exercise Studio
	12:35 – 1:25 PM	Aqua Arthritis	Yean	Small Pool
	1:35 – 2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio
	6:00 – 6:55 PM	Masala Bhangra	Deborah	Group Exercise Studio
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:25 PM	Tai Chi – Intermediate	Arnold	Mind/Body Studio
	6:30 – 7:30 PM	Indoor Cycling	Dennis	Cycle Studio
	6:30 – 7:30 PM	TRX Circuit	Eric	Functional Training Center
7:00 – 8:00 PM	Pilates Mat – Beginner	Paolina	Group Exercise Studio	
7:30 – 9:00 PM	Iyengar Yoga	Dmitri	Mind/Body Studio	

TUESDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 6:45 PM	Indoor Cycling	Erica	Cycle Studio
	7:00 – 8:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
	9:00 – 10:25 AM	Iyengar Yoga – Gentle	Martha	Mind/Body Studio
	9:15/9:30 – 10:15 AM	Orientation/Indoor Cycling	Jonathan W.	Cycle Studio
	9:30 – 10:25 AM	AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:20 – 10:35 AM	Express Core Training	Jonathan W.	Functional Training Center
	10:30 – 11:30 AM	AOA Sit Fit	Alexandra	Mind/Body Studio
	10:30 – 11:30 AM	Total Body Conditioning	Julie	Group Exercise Studio
	11:30 – 11:55 PM	Core Training	Julie	Group Exercise Studio
	11:30 – 12:30 PM	AOA Stretch	Alexandra	Mind/Body Studio
CHILD WATCH 5:30PM-7:30PM	12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio
	12/12:15 – 1:00 PM	Orientation/Indoor Cycling	Lisa	Cycle Studio
	12:15 – 1:15 PM	TRX Strength	Jonathan W.	Functional Training Center
	12:35 – 1:25 PM	Aqua Arthritis	Ron	Small Pool
	2:00-3:00PM	Chair Yoga	Marci	Mind/Body Studio
	4:00 – 5:15 PM	Restorative Yoga	Stephanie	Mind/Body Studio
	5:30 – 6:25 PM	Total Body Conditioning	Erica	Group Exercise Studio
	6:00 – 7:15 PM	Capoeira	Professora Misil	Mind/Body Studio
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:25 PM	Dance Party – Family Friendly!	Alet	Group Exercise Studio
6:30 – 7:30 PM	DANCEALATES®:barre	Mike L.	2nd Fl Multipurpose Studio	
6:30 – 7:30 PM	Indoor Cycling	Erica	Cycle Studio	
6:30 – 7:30 PM	Train Like an Athlete – Advanced	Robert	Functional Training Center	
7:30 – 9:00 PM	Iyengar Yoga	Wendy	Mind/Body Studio	
7:30 – 9:30 PM	Seido Karate	Melvin	Group Exercise Studio	

WEDNESDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	Mind/Body Studio
	7:00 – 8:00 AM	Circuit Training	Lisa	Functional Training Center
	8:05 – 8:55 AM	Aqua Arthritis	Ron	Small Pool
	9:00 – 9:30 AM	AOA Strength Training	Liz	Group Exercise Studio
	9:15 – 10:15 AM	Pilates Mat	Melissa	Mind/Body 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
	12:00 – 1:30 PM	Iyengar Yoga	Richard	Mind/Body Studio
CHILD WATCH 5:30PM-7:30PM	12/12:15 – 1:00 PM	Orientation/Indoor Cycling	Cathy	Cycle Studio
	12:30 – 1:30 PM	Pilates Mat	Mike L.	Group Exercise Studio
	1:05 – 1:55 PM	Aqua Dance	Juliet	Small Pool
	1:35 – 2:35 PM	Chair Yoga	Tatiana	Mind/Body Studio
	2:35 – 3:35 PM	Meditation	Tatiana	Mind/Body Studio
	5:20 – 6:25 PM	MELT® Performance	Edya	Mind/Body Studio
	5:30 – 6:25 PM	Total Body & Kettlebells	Kathy	Group Exercise Studio
	5:45 – 6:45 PM	TRX Circuit	Frank	Functional Training Center
	6:00 – 7:15 PM	Volleyball – Instructional	Kypros	Gymnasium
	6:05 – 6:55 PM	Aqua Aerobics	Juliet	Small Pool
6:30 – 7:30 PM	H.I.I.T	Yanique	Group Exercise Studio	
6:30 – 7:30 PM	Indoor Cycling	Deby	Cycle Studio	
6:30 – 7:30 PM	Hatha Yoga	Wendy	Mind/Body Studio	

CONTACT US:
212-912-2607
wsyhealthylifestyles
@ymcany.org



@westsideynyc



Adult Community Sports

WEST SIDE Y ROAD RUNNERS CLUB

Mon & Wed
6:30 PM
Lobby

VOLLEYBALL

Wednesdays
6:00 – 10:45 PM
Gymnasium

BASKETBALL

Thursdays
6:00 – 10:00 PM
Gymnasium

PICKLEBALL

Mondays & Thursdays
10:30 – 12:30 PM
Gymnasium

OPEN HANDBALL

Tuesdays & Thursdays
4:00 – 7:00 PM
6th Floor Courts

RACQUETBALL CHALLENGE COURT

Mon & Wed
6:00 – 9:00 PM
Courts 3 & 4

SQUASH ROUND ROBIN

Wednesdays
6:00 – 8:00 PM
6th Floor Courts

CHILD WATCH HOURS

Monday-Friday
9:00AM-12:00PM
5:30PM-7:30PM

Saturday
9:00AM-2:00PM

Sundays*

Closed
Will resume Sunday hours on Sept 8, 2019

CONTACT US:

212-912-2607
wsyhealthylifestyles
@ymcany.org



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THURSDAYS

CHILD WATCH
9:00AM-12:00PM

6:00 – 6:45 PM
7:00 – 8:00 AM
8:30 – 9:25 AM
9:30 – 10:25 AM
9:30 – 10:30 AM
9:30 – 10:25 AM
10:30 – 11:30 AM
11:00 – 11:30 AM
11:30 – 11:55 AM
11:30 – 12:30 PM
12:00 – 1:00 PM
12/12:15 – 1:00 PM
12:15 – 1:15 PM
12:35 – 1:35 AM
12:35 – 1:25 PM
4:00 – 5:15 PM
6:00 – 7:15 PM
6:05 – 6:55 PM
6:30 – 7:30 PM
6:30 – 7:30 PM
6:30 – 7:30 PM
7:30 – 8:30 PM
7:30 – 9:30 PM

Indoor Cycling
Total Body Conditioning
Pilates Mat – Advanced
Zumba® Gold
Classic Barre®
AOA Cardio Conditioning
AOA Sit Fit
Upper Body Blast
Core Training
AOA Stretch
MELT® Core & Length
Orientation/Indoor Cycling
TRX Circuit
DANCEALATES®:barre
Aqua Arthritis
Restorative Yoga
Vinyasa Yoga
Aqua Aerobics
Pilates Circuit
Indoor Cycling Connect
Zumba®
Nia® Dance
Seido Karate

Lisa
Jonathan W.
Jonathan U.
Alet
Jonathan U.
Alexandra
Alexandra
Jonathan W.
Jonathan W.
Alexandra
Jon
Jonathan W.
Frank
Melissa
Kathy S.
Stephanie
Jorge
Kathy S.
Julie
Erica
Rich
Jayne
Melvin

Cycle Studio
Group Exercise Studio
Mind/Body Studio
Mind/Body Studio
2nd Fl. Multipurpose
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Cycle Studio
Functional Training Center
Mind/Body Studio
Small Pool
Mind/BodyStudio
Mind/Body Studio
Small Pool
Functional Training Center
Cycle Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio

FRIDAYS

CHILD WATCH
9:00AM-12:00PM

6:00 – 8:00 AM
7:00 – 8:00 AM
7:05 – 8:20 AM
7:15 – 8:00 AM
8:05 – 8:55 AM
9:00 – 10:00 AM
9:30 – 10:25 AM
9:30 – 10:25 AM
10:00 – 10:25 AM
10:30 – 11:55 AM
10:30 – 10:55 PM
11:00 – 11:55 PM
12:00 – 1:00 PM
12:05 – 1:05 PM
12:15 – 1:15 PM
12:35 – 1:25 PM
1:15 – 2:15 PM

Ashtanga Yoga: MYSORE
Circuit Training
Vinyasa Yoga
Indoor Cycling
Aqua Arthritis
AOA Cardio Conditioning
Barre Workout
Cardio Sculpt
AOA Stretch
Vinyasa Yoga
Core Training
MELT®
Pilates Mat
Chair Yoga
TRX H.I.I.T
Aqua Arthritis
Meditation

Evan
Lisa
Kathi
Alex
Yean
Liz
Kathy S.
Julie
Liz
Tatiana
Kathy S.
Liz
Melissa
Marci
Yanique
Kathy S.
Tatiana

Group Exercise Studio
Functional Training Center
Mind/Body Studio
Cycle Studio
Small Pool
Group Exercise Studio
2nd Fl. Multipurpose
Mind/Body Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
Group Exercise Studio
Mind/Body Studio
Functional Training Center
Small Pool
Mind/Body Studio

SATURDAYS

CHILD WATCH
9:00AM-2:00PM

9:00 – 10:25 AM
9/9:15 – 10:00 AM
9:30 – 9:55 AM
10:00 – 10:45 AM
10:00 – 11:00 AM
10/10:15 – 11:00 AM
10:30 – 12:00 PM
11:05 – 11:50 AM
11:05 – 12:05 PM
12:10 – 1:10 PM
12:10 – 1:10 PM
1:15 – 2:45 PM
1:30 – 2:30 PM
3:00 – 4:00 PM

Tai Chi – Beginner
Orientation/Indoor Cycling
Core Training
Circuit Training
Total Body Conditioning
Orientation/Indoor Cycling
Vinyasa Yoga
Indoor Cycling
Afro-Jazz
Pilates Mat – Intermediate
MELT®
Iyengar Yoga
Seido Self-Defense
Feldenkrais Method

Tom
Court
Jonathan W.
Yanique
Brian
Jonathan W.
Jorge
Jonathan W.
Uniqua
Julie
Jon
Richard
Mel
Donna

Mind/Body Studio
Cycle Studio
Group Exercise Studio
Functional Training Center
Group Exercise Studio
Cycling Studio
Mind/Body Studio
Cycle Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Mind/Body Studio

SUNDAYS

9/9:15 – 10:00 AM
9:30 – 11:00 AM
10:00 – 11:00 AM
11:00 – 12:00 PM
1:30 – 2:30 PM
4:00 – 5:30 PM

Orientation/Indoor Cycling
Iyengar Yoga
Boot Camp
Total Body Conditioning
Capoeira – Family Friendly!
Vinyasa Yoga

Court
Sarah P.
Jonathan W.
Jonathan W.
Professora Misil
Jorge

Cycle Studio
Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
Group Exercise Studio
Mind/Body Studio

Please note: Red classes indicate Active Older Adult classes that all adults are invited to join!

CHILD WATCH

Do you need someone to look after your child while you work out? We're here for you!
Bring your child, ages 1-7, to the YMCA Child Watch Program for a maximum of two hours per day.
This is a free service available for adult and family members. Child Watch is located on the 3rd floor.
Call 212-912-2607 up to three days prior to sign up.