

# SUMMER GROUP FITNESS SCHEDULE June 24 -August 25

## Mondays AM

6:00 - 6:45am	Indoor Cycling	Alma	Spin Studio
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
9:30 - 10:00am	GRIT Cardio™	Oliver	Studio A
9:20 - 10:20am	Gentle Yoga for All Women	Anna	Studio B
10:00 - 11:00am	<b>Broadway Dance (Ends Aug 26th)</b>	<b>James</b>	<b>Pier 2</b>
10:05 - 10:35am	CXWorx™	Oliver	Studio A
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	Sharri	Spin Studio
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
11:30 - 12:20pm	Aqua Aerobics	Simone	Pool

## Tuesdays AM

6:30-7:00am	GRIT Strength™	Hannah	Studio A
7:00 - 7:50am	Aqua Aerobics	Sharri	Pool
9:00 - 9:55am	Barre	Natarsha	Studio A
9:00 - 10:25am	Vinyasa Yoga	Naomi	Studio B
10:00 - 10:45am	Indoor Cycling	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
11:30 - 12:20pm	Aqua Aerobics	Simone	Pool

## Wednesday AM

6:00 - 6:45am	Indoor Cycling	Sharri	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	GRIT Cardio™	Oliver	Studio A
9:30 - 10:20am	Indoor Cycling	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	Miranda	Spin Studio
11:30 - 12:20pm	Aqua Dance Aerobics	James	Pool

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](http://www.ymcanyc.org/dodge/schedules) to view the interactive calendar.

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

## Thursday AM

6:30 - 7:00am	GRIT Strength™	Hannah	Studio A
7:00 - 7:50am	Aqua Aerobics	Matt	Pool
8:00 - 8:55am	Salsa Dance Party	James	Studio A
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	Sharri	Spin Studio
11:15 - 11:45am	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
11:30 - 12:20pm	Aqua Aerobics	Sharri	Pool

## Friday AM

6:00 - 6:45am	Indoor Cycling	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	Sharri	Spin Studio
11:00 - 11:50am	Pilates Mat	Sophia	Studio A
11:30 - 12:20pm	Aqua Aerobics	Simone	Pool

## Saturday AM

8:00 - 9:00am	BodyPump™	Tyrice	GYM
9:00 - 10:15am	<b>Indoor Cycling</b>	<b>Cathy</b>	<b>Spin Studio</b>
9:10 - 9:40am	GRIT Cardio™	Chelsea	GYM
9:30 - 10:25pm	Gentle Yoga	Dominique	Studio B
9:30 - 10:30am	Tai Chi	Phil	Studio A
10:30 - 11:55am	Vinyasa Yoga - Intermediate	Dominique	Studio B
11:00 - 12:15pm	Cardio Kickboxing Intervals	Tyrice	Studio A

## Sunday AM

8:30 - 9:25am	<b>The Nu Method™ (New)</b>	<b>Tanya</b>	<b>Studio A</b>
9:00 - 10:00am	Indoor Cycling	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
11:30 - 12:45pm	Hip-Hop	Ray	Studio A
12:00 - 12:55pm	Hatha Yoga	Dominique	Studio B

**ALL CLASSES INCLUDED WITH MEMBERSHIP**

Orange Highlight Indicates NEW CLASSES FOR THE SUMMER !

## 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
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 - 7:30pm	Salsa (Ends July 22nd)		James	Pier 6
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		Emily H.	Spin Studio
7:00 - 8:00pm	ZUMBA		Sophia	Studio A
8:05-9:05pm	Pilates Mat		Sophia	Studio A
8:05-9:05pm	Salsa		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
5:30 - 6:30pm	Indoor Cycling		Alma	Spin Studio
5:30 - 6:30pm	H.I.I.T. (Begins August 6th)		Miranda	MetroTech
5:45 - 6:45pm	M.E.L.T.®		Jane	Studio B
6:00- 7:00 pm	Pre & Post-Natal Yoga		Anna	Conf Rm
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:00pm	Pilates (Ends August 20th)		Natarsha	Pier 3
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 - 1:40pm	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
5:30 - 6:30pm	ZUMBA (Began June 12th)		Natarsha	MetroTech
5:55 - 6:50pm	Dance Class		Victoria	Studio B
5:30 - 6:25pm	Kettlebells		Alma	Studio A
6:30 - 7:25pm	The Nu Method™ (NEW)		Tanya	Studio A
6:30 - 7:30pm	BodyPump™		Tyrice	GYM
6:45 - 7:30pm	Indoor Cycling		Alma	Spin Studio
7:00 - 8:00pm	Sunset Yoga (Ends August 14th)		Akwesi	Pier 3
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
5:00 - 5:55pm	Barre		Natarsha	Studio A
5:00 - 6:10pm	Vinyasa Yoga		Dominique	Studio B
6:45 - 7:45pm	Pilates Mat		Sophia	Studio A
7:00 - 7:50pm	Indoor Cycling		Emily H.	Spin Studio
6:15 - 7:10pm	M.E.L.T.®		Jane	Studio B
7:15 - 8:15pm	Stretch		Jane	Studio B
8:00 - 8:55pm	Dance Wukkout® (NEW)		Victoria	Studio A

## Friday PM

12:00- 12:55pm	Hatha Yoga		Dominique	Studio B
12:00 - 1:00pm	BodyPump™		Sophia	Studio A
1:00 - 1:25pm	Meditation		Dominique	Studio B
1:15 - 2:15pm	ZUMBA		Sophia	Studio A
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
6:00 - 6:45pm	BodyPump Express™		Tyrice	GYM
6:00 - 6:55pm	Barre		Natarsha	Studio A
7:00 - 8:00pm	Hip Hop Dance Aerobics (Begins July 12th)		Victoria	Pier 6
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
4:30 - 5:30pm	ZUMBA (Ends August 18th)		Alma	Pier 2

## KEY



Active Older Adult Class

Family, Youth, Teen or Pre-Natal Class

Aqua Water Class

High Intensity Class

Sign in for GRIT, Body Pump, Cycling & CXWorx at the Welcome Desk.

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

Check out our Summer ONLY Outdoor classes at Brooklyn Bridge Park and Downtown MetroTech Commons areas!