SUMMER GROUP FITNESS SCHEDULE June 24 - August 25

Mondays AM					
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		
8:15 - 9:15am	Hatha Yoga		Emily R.	Studio B	
9:30-10:00am		×.	Oliver	Studio A	
	Gentle Yoga for All Women		Anna	Studio B	
	Broadway Dance (Ends Aug 26th)		James	Pier 2	
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			Sophia	Studio A	
11:30 - 12:20pm	Aqua Aerobics		Simone	Pool	
Tuesdaws AM					
Tuesdays AM					
Tuesdays AM 6:30-7:00am	GRIT Strength™	*	Hannah	Studio A	
6:30-7:00am	GRIT Strength™ Aqua Aerobics	× Ø		Studio A Pool	
6:30-7:00am	Aqua Aerobics			Pool	
6:30-7:00am 7:00 - 7:50am	Aqua Aerobics Barre		Sharri	Pool Studio A	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am	Aqua Aerobics Barre Vinyasa Yoga		Sharri Natarsha	Pool Studio A	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am 9:00 - 10:25am	Aqua Aerobics Barre Vinyasa Yoga Indoor Cycling		Sharri Natarsha Naomi	Pool Studio A Studio B Spin Studio	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am 9:00 - 10:25am 10:00 - 10:45am	Aqua Aerobics Barre Vinyasa Yoga Indoor Cycling ZUMBA		Sharri Natarsha Naomi Miranda	Pool Studio A Studio B Spin Studio	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am 9:00 - 10:25am 10:00 - 10:45am 10:00 - 10:55am 10:30 - 11:25am	Aqua Aerobics Barre Vinyasa Yoga Indoor Cycling ZUMBA Hatha Yoga	Ö	Sharri Natarsha Naomi Miranda Natarsha	Pool Studio A Studio B Spin Studio Studio A	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am 9:00 - 10:25am 10:00 - 10:45am 10:00 - 10:55am 10:30 - 11:25am	Aqua Aerobics Barre Vinyasa Yoga Indoor Cycling ZUMBA Hatha Yoga AOA Cardio Conditioning	Ö	Sharri Natarsha Naomi Miranda Natarsha Jane	Pool Studio A Studio B Spin Studio Studio A Studio B	
6:30-7:00am 7:00 - 7:50am 9:00 - 9:55am 9:00 - 10:25am 10:00 - 10:45am 10:00 - 10:55am 10:30 - 11:25am 11:00 -12:00pm	Aqua Aerobics Barre Vinyasa Yoga Indoor Cycling ZUMBA Hatha Yoga AOA Cardio Conditioning Hatha Yoga	Ö	Sharri Natarsha Naomi Miranda Natarsha Jane Avion	Pool Studio A Studio B Spin Studio Studio A Studio A	

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	30pm Tai Chi 🕺 🛞		Phil	Studio A	
12:00 - 12:45pm	Indoor Cycling		Miranda	Spin Studio	
11:30 - 12:20pm	Aqua Dance Aerobics	۲	James	Pool	

Simone

Pool

11:30 - 12:20pm Aqua Aerobics

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.

Thursday AM				
6:30 - 7:00am	GRIT Strength™	×	Hannah	Studio A
7:00 - 7:50am	Aqua Aerobics	Ø	Matt	Pool
8:00 - 8:55am	Salsa Dance Party	•	James	Studio A
	Tai Chi Sword	*		a Studio A
10:00 - 10:55am			Natarsha	Studio A
10:00 - 10:55am			Sharri	Spin Studio
11:15 - 11:45am			Petra	Studio A
10:30 - 11:25am	Hatha Yoga		Jane	Studio B
	Retro Dance Party			GYM
11:30 - 12:30pm			Jane	Studio B
12:00 - 12:55pm	Chair Yoga		Dominique	Studio A
11:30 - 12:20pm	Aqua Aerobics		Sharri	Pool
Friday AM				
	Indoor Cycling		Alma	Spin Studio
	Aqua Aerobics		Sharri	Pool
8:00 - 8:45am	Pilates		Natarsha	Studio A
8:00-9:00am	Vinyasa Yoga		Emily R.	Studio B
	Trampoline Fitness		Alma	Studio A
	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	Indoor Cycling		Cathy	Spin Studio
9:10 - 9:40am	GRIT Cardio™	<u>k</u>		GYM
9:30 - 10:25pm	Gentle Yoga		Dominique	
9:30 - 10:30am	Tai Chi	*		Studio A
	Vinyasa Yoga – Intermediate		Dominique	
	Cardio Kickboxing Intervals		Tyrice	Studio A
Sunday AM				
8:30 - 9:25am	The Nu Method™ (New)		Tanya	Studio A
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		•	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 !

Mondsy PM Tursday PM Tursday PM Jane Studio B 1:15 - 2:15 pm AOA Strength Training * Avion Studio A Jane Studio A 5:00 - 5:55 pm Beginner Pilates Natarsha Studio A Alas Studio A Studio A 6:00 - 7:00 pm ZUMBA Alara Studio A Alas Studio A Studio A <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th>									
1:15 - 2:15 pm ADA Strength Training #: Avion Studio A 2:30 - 330pm ADA Strength Training #: James Studio A 5:00 - 5:55 pm Baginner Pilates Natarsha Studio A 6:30 - 7:00 pm ZUMBA Alma GYM 6:30 - 7:00 pm ZUMBA Alma Studio A 6:30 - 7:00 pm ZUMBA Alma Studio A 6:30 - 7:00 pm ZUMBA Alma Studio A 7:00 - 7:30 pm BodyPump ^{MA} Tytice GYM 7:00 - 8:00 pm BodyPump ^{MA} Tytice GYM 7:00 - 8:00 pm BodyPump ^{MA} Sophia Studio A 7:00 - 8:00 pm BodyPump ^{MA} Tytice GYM 7:00 - 8:00 pm ZUMBA Sophia Studio A 8:00 - 5:05 pm Salas (and y max) Sophia Studio A 1:2:00 - 1:05 pm Falday PM Sophia Studio A 1:2:00 - 1:05 pm Sophia Studio A Sophia Studio A 1:2:00 - 1:05 pm Sophia Studio A Sophia Studio A 1:2:00 - 1:05 pm Sophia </th <th>Monday PM</th> <th></th> <th></th> <th></th> <th>Thursday PM</th> <th></th> <th></th> <th></th> <th></th>	Monday PM				Thursday PM				
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2:30 - 3:30pm AOA Strength Training ** Avion Studio A 5:00 - 5:50p Beginner Plates Natarsha Studio A 6:00 - 7:00pm Total Body Conditioning Alma GYM 6:00 - 7:30pm Siss Ends July 22nd) James Plates 6:30 - 8:00pm Power Yoga # Emily H. Studio A 7:00 - 8:00pm Body Fumpt ^M Tyrice GYM Filts Filt Studio A 7:00 - 8:00pm Body Pumpt ^M Tyrice GYM Filt Filt Studio A 7:00 - 8:00pm Indoor Cycling Emily H. Studio A Filt Filt Bare Studio A 7:00 - 8:00pm Plates Mat Sophia Studio A Filt Filt Bare Studio A 7:00 - 8:00pm Plates Mat Sophia Studio A Filt Filt Dominique Studio B 8:059:050pm Studio A Sophia Studio A Filt Sophia Studio A 1:200 - 1:30pm Studio A Sophia Studio A Filt Sophia Studio A 1:200 - 1:30pm Retor Dance Party James Studio A Filt Sophia Studio A					1:00 - 1:55pm	AOA Strength Training	*	James	Studio A
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Orange Highlight Indicates NEW CLASSES FOR THE SUMMER !