



West Side
YMCA

Group
Exercise
FALL
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	Jacqueline	Small Pool
	9:00 – 9:25 AM	AOA Cardio Conditioning	Brian	Group Exercise Studio
	9:15 – 10:00 AM	Circuit Training	Shaun	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 – 1:15 PM	Rowing Circuit (begins 9/16)	Shaun	Functional Training Center
	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	Jacqueline	Small Pool
	1:35 – 2:35 PM	Feldenkrais Method	Donna	Mind/Body Studio
	6:00 – 6:55 PM	Masala Bhanga	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	Stephanie	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	Cathy G	Group Exercise Studio
	9:15 – 10:15 AM	Pilates Mat	Melissa	Mind/Body Studio
	9:30 – 10:30 AM	AOA Cardio Conditioning	Cathy G	Group Exercise Studio
	10:30 – 10:45 AM	AOA Stretch	Cathy G	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	Eric	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

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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
10:00 AM – 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-Thursday
9:00AM-12:00PM
5:30PM-7:30PM

Friday
9:00AM-12:00PM

Saturday
9:00AM-2:00PM

Sundays
10:00AM-1:00PM

CONTACT US:

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THURSDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 6:45 PM	Indoor Cycling	Lisa	Cycle Studio
	7:00 – 8:00 AM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
	9:30 – 10:25 AM	Dance Party	Alet	Mind/Body Studio
	9:30 – 10:30 AM	Classic Barre®	Jonathan U.	2nd Fl. Multipurpose
	9:30 – 10:25 AM	AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:30 – 11:30 AM	AOA Sit Fit	Alexandra	Mind/Body Studio
	11:00 – 11:30 AM	Upper Body Blast	Jonathan W.	Group Exercise Studio
	11:30 – 11:55 AM	Core Training	Jonathan W.	Group Exercise Studio
	11:30 – 12:30 PM	AOA Stretch	Alexandra	Mind/Body Studio
	12:00 – 1:00 PM	MELT® Core & Length	Jon	Group Exercise Studio
CHILD WATCH 5:30PM-7:30PM	12/12:15 – 1:00 PM	Orientation/Indoor Cycling	Jonathan W.	Cycle Studio
	12:15 – 1:15 PM	TRX Circuit	Frank	Functional Training Center
	12:35 – 1:35 AM	DANCEALATES®:barre	Melissa	Mind/Body Studio
	12:35 – 1:25 PM	Aqua Arthritis	Kathy S.	Small Pool
	4:00 – 5:15 PM	Restorative Yoga	Stephanie	Mind/BodyStudio
	6:00 – 7:15 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
	6:05 – 6:55 PM	Aqua Aerobics	Kathy S.	Small Pool
	6:30 – 7:30 PM	Pilates Circuit	Julie	Functional Training Center
	6:30 – 7:30 PM	Indoor Cycling Connect	Erica	Cycle Studio
	6:30 – 7:30 PM	Zumba®	Rich	Group Exercise Studio
	7:30 – 8:30 PM	Nia® Dance	Jayne	Mind/Body Studio
	7:30 – 9:30 PM	Seido Karate	Melvin	Group Exercise Studio

FRIDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	Group Exercise Studio
	7:00 – 8:00 AM	Circuit Training	Lisa	Functional Training Center
	7:05 – 8:20 AM	Vinyasa Yoga	Kathi	Mind/Body Studio
	7:15 – 8:00 AM	Indoor Cycling	Alex	Cycle Studio
	8:05 – 8:55 AM	Aqua Arthritis	Jacqueline	Small Pool
	8:30 – 9:25 AM	Pilates Mat – Advanced	Jonathan U.	Mind/Body Studio
	9:00 – 10:00 AM	AOA Cardio Conditioning	Liz	Group Exercise Studio
	9:30 – 10:25 AM	Barre Workout	Kathy S.	2nd Fl. Multipurpose
	9:30 – 10:25 AM	Cardio Sculpt	Julie	Mind/Body Studio
	10:00 – 10:25 AM	AOA Stretch	Liz	Group Exercise Studio
	10:30 – 11:55 AM	Vinyasa Yoga	Tatiana	Mind/Body Studio
	10:30 – 10:55 PM	Core Training	Kathy S.	Group Exercise Studio
	11:00 – 11:55 PM	MELT®	Liz	Group Exercise Studio
	12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio
	12:05 – 1:05 PM	Chair Yoga	Marci	Mind/Body Studio
	12:15 – 1:15 PM	TRX H.I.I.T	Eric	Functional Training Center
	12:35 – 1:25 PM	Aqua Arthritis	Kathy S.	Small Pool
	1:15 – 2:15 PM	Meditation	Tatiana	Mind/Body Studio
	6:15 – 7:15PM	Zumba®	Alet	Group Exercise Studio

SATURDAYS

CHILD WATCH 9:00AM-2:00PM	9:00 – 10:25 AM	Tai Chi – Beginner	Tom	Mind/Body Studio
	9/9:15 – 10:00 AM	Orientation/Indoor Cycling	Court	Cycle Studio
	9:30 – 9:55 AM	Core Training	Jonathan W.	Group Exercise Studio
	10:00 – 10:45 AM	Circuit Training	Omar	Functional Training Center
	10:00 – 11:00 AM	Total Body Conditioning	Brian	Group Exercise Studio
	10/10:15 – 11:00 AM	Orientation/Indoor Cycling	Jonathan W.	Cycling Studio
	10:30 – 12:00 PM	Vinyasa Yoga	Jorge	Mind/Body Studio
	11:05 – 11:50 AM	Indoor Cycling	Jonathan W.	Cycle Studio
	11:05 – 12:05 PM	Afro-Jazz	Uniqua	Group Exercise Studio
	12:10 – 1:10 PM	Pilates Mat – Intermediate	Julie	Mind/Body Studio
	12:10 – 1:10 PM	MELT®	Jon	Group Exercise Studio
	1:15 – 2:45 PM	Iyengar Yoga	Richard	Mind/Body Studio
	1:30 – 2:30 PM	Seido Self-Defense	Mel	Group Exercise Studio
	3:00 – 4:00 PM	Feldenkrais Method	Donna	Mind/Body Studio

SUNDAYS

CHILD WATCH 10:00AM-1:00PM	9/9:15 – 10:00 AM	Orientation/Indoor Cycling	Court	Cycle Studio
	9:30 – 11:00 AM	Iyengar Yoga	Sarah P.	Mind/Body Studio
	10:00 – 11:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
	11:00 – 12:00 PM	Total Body Conditioning	Jonathan W.	Group Exercise Studio
	1:30 – 2:30 PM	Capoeira – Family Friendly!	Professora Misil	Group Exercise Studio
	4:00 – 5:30 PM	Vinyasa Yoga	Jorge	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.