

Fall GROUP FITNESS SCHEDULE

Mondays AM

6:00 - 6:45am	Indoor Cycling	Alma	Spin Studio
6:30 - 7:30am	Pilates Ball	Jenn	Studio A
7:00 - 7:50am	Aqua Aerobics	Sharri	Pool
8:00 - 8:45am	BodyPump Express™	Natarsha	Studio A
8:00 - 8:55am	Hatha Yoga	Emily R.	Studio B
9:00 - 9:55am	The Nu Method™ Parent & Child	Tanya	Studio A
9:00 - 9:55am	Gentle Yoga for All Women	Anna	Studio B
10:00 - 10:55am	Baby and Toddler Yoga	Anna	Studio B
10:00 - 11:00am	AOA Cardio Conditioning	Akwesi	Studio A
11:00 - 11:55am	ZUMBA	Sophia	Studio A
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
12:00 - 12:45pm	Indoor Cycling	Sharri	Spin Studio
12:00 - 12:50pm	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 - 10:25am	Vinyasa Yoga	Naomi	Studio B
9:00 - 9:55am	Barre	Natarsha	Studio A
10:00 - 10:50am	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
12:00 - 12:50pm	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
9:30 - 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
12:00 - 12:50pm	Aqua Dance Aerobics	James	Pool
12:30 - 1:15pm	Better Balance AOA	Janice	Studio A

Please sign in for: Barre, Balance , Body Pump , Indoor Cycling, & Body Combat

*Available 1 hour before class begins at the front desk

Thursday AM

6:30 - 7:00am	GRIT Strength™	Hannah	Studio A
7:00 - 7:50am	Aqua Aerobics	James	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
12:00 - 12:50pm	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
12:00 - 12:50pm	Aqua Aerobics	Simone	Pool

Saturday AM

8:00 - 9:00am	BodyPump™	Tyrice	GYM
9:10 - 9:40am	GRIT Cardio™	Chelsea	GYM
9:15 - 10:15am	Indoor Cycling	Bob	Spin Studio
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
10:45 - 12:00pm	Indoor Cycling	Cathy	Spin Studio
11:00 - 12:15pm	Cardio Kickboxing Intervals	Tyrice	Studio A

Sunday AM

8:30 - 9:20am	Trampoline Fitness	Jenn	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 - 11:20am	Step & Sculpt	Avion	Studio A
11:30 - 12:45pm	Hip-Hop	Ray	Studio A
11:00 - 11:55pm	Pre-Natal	Dominique	Studio B
12:00 - 12:55pm	Hatha Yoga	Dominique	Studio B

Orange highlight indicates a NEW class change and/or update

ALL CLASSES INCLUDED WITH MEMBERSHIP

Monday PM			
1:00 - 2:30pm	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 - 5:50pm	Beginner Pilates	Natarsha	Studio A
5:00 - 6:20pm	Led Ashtanga Yoga	Naomi	Studio B
6:00 - 7:00pm	Total Body Conditioning	Alma	GYM
6:00 - 6:50pm	Barre	Natarsha	Studio A
6:30 - 7:25pm	Power Yoga	Emily R.	Studio B
7:00 - 8:00pm	BodyPump™	Tyrice	GYM
7:00 - 8:00pm	Indoor Cycling	Emily H.	Spin Studio
7:00 - 7:50pm	ZUMBA	Sophia	Studio A
7:00 - 7:30pm	Core Connection	Alma	Studio C
8:00 - 9:00pm	Salsa	Alma	Studio B
8:00 - 9:00pm	Pilates Mat	Sophia	Studio A

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
4:15 - 5:00pm	Groove for Kids	Victoria	Studio B
5:00 - 6:00pm	Teen FITT	Victoria	Studio B
5:30 - 6:30pm	Indoor Cycling	Alma	Spin Studio
6:00 - 6:30pm	GRIT Mix	Chelsea	Studio A
6:45 - 7:30pm	Trampoline Fitness	Alma	Studio A
7:00 - 8:30pm	Hatha Yoga	Mare	Studio B
7:45 - 8:45pm	Total Body Conditioning	Alma	Studio A

Wednesday PM			
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
5:00 - 6:00pm	Teen FITT	Victoria	Studio B
5:30 - 6:25pm	Kettlebells	Alma	Studio A
6:30 - 7:30pm	Zumba	Natarsha	Studio A
6:30 - 7:30pm	BodyPump™	Tyrice	GYM
6:45 - 7:30pm	Indoor Cycling	Alma	Spin Studio
7:00 - 8:30pm	Power Yoga	Emily R.	Studio B
7:40 - 8:40pm	ZUMBA	Alma	Studio A

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
6:15 - 7:10pm	M.E.L.T.®	Jane	Studio B
7:00 - 7:50pm	Indoor Cycling	Emily H.	Spin Studio
7:15 - 8:15pm	Stretch	Jane	Studio B

Friday PM			
12:00 - 12:55pm	Hatha Yoga	Dominique	Studio B
12:00 - 1:00pm	BodyPump™	Sophia	Studio A
1:00 - 1:30pm	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
6:00 - 7:00pm	Tai Chi	Rebecca	Studio B
6:00 - 6:45pm	BodyPump Express™	Tyrice	GYM
6:00 - 6:55pm	The Nu Method™ Teens	Tanya	Studio A
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

KEY			
	Active Older Adult Class		
	Family, Youth, Teen or Pre-Natal Class		
	Aqua Water Class		
	High Intensity Class		
Sign in for Barre, Body Pump, Cycling, Balance at the Welcome Desk.			

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

For the most up to schedule, download our 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.

ALL CLASSES INCLUDED WITH MEMBERSHIP

FALL SESSION 195 September 3rd -October 27th

Orange highlight indicates a NEW class change and/or update