

MONDAY

6:30am-7:30am

SPIN

Denise

Spin Room

9:00am-9:50am

WATER AEROBICS

Johnnie

Indoor Pool

9:00am-9:50am

SILVER SNEAKERS CLASSIC®

Eleanor

Fitness Studio

10:00am-10:50am

SILVER SNEAKERS CIRCUIT®

Eleanor

Fitness Studio

11:00am-11:50am

SILVER SNEAKERS CLASSIC®

Eleanor

Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q

Indoor Pool

12:00pm-12:50pm

VINYASA YOGA

Liha

Fitness Studio

5:30pm-6:20pm

DEEP DEFINITIONS

Tahaira

Fitness Studio

6:30pm-7:25pm

SPIN

Stephene

Spin Studio

6:30pm-7:20pm

ZUMBA®

Melissa

Munch Center

6:30pm-7:20pm

BOOT CAMP

Phyllis

Fitness Studio

6:30pm-7:20pm

KIDS RESISTANCE TRAINING

Ruthie

MPR

7:30pm-7:55pm

ULTIMATE ABS

Ruthie

Fitness Studio

7:30 pm-8:25pm

SPIN

Stephene

Spin Room

8:00pm-8:30pm

LOWER BODY BLAST

Ruthie

Fitness Studio

TUESDAY

9:00am-9:50am

WATER AEROBICS

Johnnie

Indoor Pool

9:00am-9:50am

ZUMBA GOLD®

Eleanor

Fitness Studio

10:00am-10:50am

TOTAL BODY CONDITIONING

Chris

Fitness Studio

11:30am-12:20pm

SPIN

Phyllis

Spin Room

12:00pm-12:50pm

WATER AEROBICS

Johnnie

Indoor Pool

6:00pm-6:50pm

RESTORATIVE YOGA

Liha

Fitness Studio

7:00pm-7:25pm

TABATA

Stephene

Fitness Studio

7:30pm-8:20pm

CIRCUIT TRAINING

Stephene

Fitness Studio

8:30pm-9:20pm

WATER AEROBICS

Stephene

Indoor Pool

WEDNESDAY

6:30am-7:30am

SPIN

Denise

Spin Room

9:00am-9:50am

WATER AEROBICS

Johnnie

Indoor Pool

9:00am-9:50am

SILVER SNEAKERS YOGA®

Liha

Fitness Studio

10:00am-10:50am

SILVER SNEAKERS YOGA®

Liha

Fitness Studio

11:00am-11:50am

ZUMBA®

Dulce

Fitness Studio

12:00pm-12:50pm

VINYASA YOGA

Liha

Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q

Indoor Pool

5:30pm-6:20pm

DEEP DEFINITIONS

Tahaira

Fitness Studio

6:30pm-7:20pm

KETTLEBELL

Juan

Fitness Studio

6:30pm-7:20pm

ZUMBA®

Kiara

Munch Center

6:30pm-7:25pm

SPIN

Giselle

Spin Studio

7:30pm-7:55pm

ULTIMATE ABS

Ruthie

Fitness Studio

8:00pm-8:30pm

LOWER BODY BLAST

Ruthie

Fitness Studio

8:00pm-8:50pm

WATER AEROBICS

Stephene

Indoor Pool

THURSDAY

9:00am-9:50am

WATER AEROBICS

Johnnie

Indoor Pool

9:00am-9:50am

ZUMBA GOLD®

Eleanor

Fitness Studio

10:00am-10:50am

TOTAL BODY CONDITIONING

Chris

Fitness Studio

11:30am-12:20pm

SPIN

Phyllis

Spin Room

12:00pm-12:50pm

WATER AEROBICS

Johnnie

Indoor Pool

6:00pm-6:50pm

RESTORATIVE YOGA

Liha

Fitness Studio

7:00pm-7:25pm

TABATA

Stephene

Fitness Studio

7:30pm-8:20pm

CIRCUIT TRAINING

Stephene

Fitness Studio

8:30pm-9:20pm

WATER AEROBICS

Stephene

Indoor Pool

FRIDAY

9:00am-9:50am

WATER AEROBICS

Stephene

Indoor Pool

9:00am-9:50am

SILVER SNEAKERS CLASSIC®

Chris

Fitness Studio

10:00am-10:50am

SILVER SNEAKERS CIRCUIT®

Chris

Fitness Studio

11:00am-11:50am

SILVER SNEAKERS CLASSIC®

Chris

Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q

Indoor Pool

SATURDAY

7:30am-8:25am

SPIN

Stephene

Spin Room

8:00am-8:50am

WATER AEROBICS

Ruthie

Indoor Pool-Lanes 1&2

8:30am-9:25am

SPIN

Stephene

Spin Room

9:00am-9:50am

Liha

HATHA YOGA

Fitness Studio

10:00am-10:50am

ZUMBA®

Kiara

Fitness Studio

11:00-11:50am

KETTLEBELL

Juan

Fitness Studio

SUNDAY

11:00am-11:50am

CIRCUIT TRAINING

Ruthie

Fitness Studio

11:00am-11:50am

KIDS ZUMBA®

Ms. Eleanor

MPR

12:00pm-12:50pm

ZUMBA®

Ms. Eleanor

Fitness Studio

12pm-12:50pm

CATCH (Ages 6-12)

Alex

Munch Center

Side B



Bronx YMCA

GROUP EXERCISE

FALL 2 Session Schedule:

October 28th –December 22, 2019

Revised
11/9/19

Boot Camp: A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches, and other body weight exercises.

Circuit Training: A fast-paced workout that will challenge you with different activity stations. This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall strength.

Core Training: This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

Deep Definitions: Sculpt and define every inch of your body in this strength training class.

Hatha Yoga: A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

Kettlebells: Learn and perfect kettlebells movements. In a series of stations. This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning.

Lower Body Blast: Focus on your lower body-hips, glutes and legs with strengthening workout.

Restorative Yoga: Avoid burnout and exercise the mind. A yoga class focused on your inner energy and well-being. Calm the body and Mind.

SilverSneakers® Cardio: Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workouts include easy-to-follow low-impact and upper body strength, abdominal conditioning, stretching and relaxation exercise designed to energize your active lifestyle.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hands-held weights, elastics tubing with handles, and a silver sneakers ball is alternated with low impact choreography. A chair is used for standing support, stretching and relation exercises.

SilverSneakers® Yoga: This class will improve your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of movements. Restorative breathing designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxations will promote stress reduction and mental clarity.

Spin®: An intense cardio workout of simulated road bike riding to energized music. This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

Tabata: Non-stop action. Tabata is a short 20-second interval followed by 10 seconds of rest. Intervals are stacked in cycles of 8.

Total body Conditioning: A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Vinyasa Yoga: Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

Water Aerobics: An instructional class of aerobics movements performed in water to improve cardiovascular fitness, and flexibility.

Zumba®: Zumba® takes the "work" out of the workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party.

Zumba® Gold: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

KIDS GROUP FITNESS CLASSES

Kids Zumba®: Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

CATCH®: Coordinated Approach To Child Health. The CATCH kids Club is a recreation program to promote behaviors that assist in developing and maintaining health in school-age children. The primary goal is to promote healthy nutrition and physical activity behavior.

Kids Resistance Training: Structured Physical Activates to build a foundation for a healthy active life. Children will do calisthenics exercises to build strength and flexibility ending with a cool down and meditation.

SOME FRIENDLY REMINDERS

- ◆ Classes meet the needs of all fitness levels and are FREE to all full facility members including teens! Registration is encouraged for emergency and statistical use.
- ◆ Use lockers to store your bags and valuables. They are not allowed on the floor during class.
- ◆ The YMCA is not responsible for lost valuables.
- ◆ Up-to-date class schedules are available online at www.ymcanyc.org/bronx
- ◆ Schedules also available at the Front Desk.
- ◆ All classes require a minimum of 5 attendees in order to run. Classes that do not meet the required minimum are subject to cancellation.
- ◆ After 5 mins of the start time, participants will not be allowed in. This is to protect you from injury.
- ◆ Please respect the class space and do not enter the room if you are not participating in the class.
- ◆ All classes in the studio will accommodate the first 25 participants. Any more participants can be hazardous.
- ◆ Class can be cancelled due to YMCA special events.

GROUP EXERCISE CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE