



# McBURNLEY Y GROUP FITNESS SCHEDULE

START	END	CLASS	INST.	ROOM	LEVEL
<b>MONDAYS</b>					
8:00 AM	8:55 AM	Hatha Yoga	Kristin D	Studio 1	Open
9:00 AM	9:55 AM	Total Body Conditioning	Janine W	Studio 1	Int / Adv
9:40 AM	10:20 AM	Arthritis: PACE	Yasu S	Studio 2	Beginner
10:05 AM	11:30 AM	Iyengar Yoga	Richard J	Studio 1	Open
10:30 AM	11:20 AM	AOA* Strength Training	Huma M	Studio 2	Beginner
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
12:00 PM	1:00 PM	Active Resistance Training	Leslie H	Studio 1	Open
12:30 PM	1:30 PM	Pilates Mat	Val H	Studio 2	Open
1:30 PM	2:30 PM	Barre Conditioning	Leslie H	Studio 1	Open
5:30 PM	6:15 PM	Cycling	Diane P	Spin Studio	Open
5:40 PM	6:30 PM	Active Resistance Training	Leslie H	Studio 2	Open
6:30 PM	7:30 PM	Interval Training	Josue C	Gym	Int / Adv
6:30 PM	8:00 PM	Contemporary Ballet	Lori B	Studio 1	Open
6:40 PM	7:40 PM	Hatha Yoga	Karen B	Studio 2	Open
7:00 PM	7:45 PM	Aqua Exercise	Roseann B	Pool	Open
<b>TUESDAYS</b>					
6:30 AM	7:15 AM	Cycling	John M	Spin Studio	Open
7:00 AM	8:00 AM	Tai-Chi	Roberto S	Studio 1	Open
9:00 AM	9:55 AM	NIA	Roger P	Studio 2	Open
9:05 AM	9:55 AM	HIIT + Core	Orly M	Studio 1	Int / Adv
10:00 AM	10:45 AM	Stretch & Release	Karen B	Studio 2	Open
10:15 AM	11:00 AM	Core Training	Leslie H	Studio 1	Open
10:55 AM	11:40 AM	Stretch & Release	Karen B	Studio 2	Open
10:30 AM	11:15 AM	Aquatic Exercise for Arthritis	Sam S	Pool	Beginner
11:30 AM	12:15 PM	Aqua Exercise	Sam S	Pool	Open
11:45 AM	1:00 PM	Qi Gong	Diana M	Studio 2	Open
1:15 PM	2:15 PM	Deep Definitions SCULPT	Leslie H	Studio 2	Int / Adv
4:00 PM	5:15 PM	Iyengar Yoga	Brina G	Studio 1	Open
5:35 PM	6:25 PM	Groove	Leslie H	Studio 1	Open
6:00 PM	6:45 PM	Cycling	Jimmie B	Spin Studio	Open
6:15 PM	7:00 PM	Train Like An Athlete	Yanique N	Gym	Advanced
6:10 PM	6:55 PM	Barre Conditioning	Johanna D	Studio 2	Open
6:30 PM	7:15 PM	Deep Definitions SCULPT	Leslie H	Studio 1	Advanced
7:20 PM	8:30 PM	Tap Dance – Beginner	Josh J	Studio 1	Open
<b>WEDNESDAYS</b>					
7:00 AM	7:55 AM	Hatha/Vinyasa Yoga	Karen B	Studio 2	Open
9:00 AM	9:45 AM	Total Body Conditioning	Leslie H	Studio 1	Open
9:00 AM	9:45 AM	AOA* Sitting Fit	Roseann B	Studio 2	Beginner
9:45 AM	10:30 AM	Total Body Conditioning	Leslie H	Studio 1	Open
9:50 AM	10:35 AM	AOA* Sitting Fit	Roseann B	Studio 2	Beginner
10:30 AM	11:15 AM	AOA* Cardio Conditioning	Leslie H	Studio 1	Beginner
10:45 AM	11:40 AM	Chair Yoga	Sharon C	Studio 2	Beginner
11:15 AM	12:00 PM	Groove	Leslie H	Studio 1	Beginner
11:30 AM	12:15 PM	Aqua Exercise	Sam S	Pool	Open
11:50 AM	12:45 PM	Gentle Yoga	Sharon C	Studio 2	Beginner
12:30 PM	1:15 PM	Tai Chi for Arthritis	Roberto S	Studio 1	Open
1:30 PM	3:00 PM	Isadora Duncan – Advanced Beginner	Lori B	Studio 1	Open
6:00 PM	6:45 PM	Pilates Mat	Huma M	Studio 1	Open
6:00 PM	6:50 PM	Deep Definitions SCULPT	Maddi M	Studio 2	Open
6:00 PM	6:45 PM	Cycling	Blake S	Spin Studio	Open
6:50 PM	7:45 PM	Hatha Yoga	Sharon C/Karen B	Studio 1	Open
7:00 PM	7:45 PM	Aqua Boxing	Jacob I	Pool	Open
7:00 PM	8:30 PM	Ballet – Absolute Beginner	Kati L	Studio 2	Beginner

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**EFFECTIVE 11/1/19**



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START	END	CLASS	INST.	ROOM	LEVEL
<b>THURSDAYS</b>					
6:30 AM	7:15 AM	Cycling	Cathy G	Spin Studio	Open
7:00 AM	8:00 AM	Tai-Chi	Roberto S	Studio 1	Open
7:30 AM	8:30 AM	ZUMBA	Yvonne P	Studio 2	Open
9:00 AM	10:30 AM	Iyengar Yoga	Martha G	Studio 1	Open
9:30 AM	10:15 AM	Pilates Mat	Val H	Studio 2	Open
10:30 AM	11:15 AM	Pilates Mat	Theresa H	Studio 2	Open
10:30 AM	11:15 AM	Aquatic Exercise For Arthritis	Val H	Pool	Beginner
10:30 AM	12:00 PM	Isadora Duncan – Intermediate	Faith K, et al	Studio 1	Int / Adv
11:30 AM	12:15 PM	Aquatic Exercise	Val H	Pool	Open
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
3:45 PM	4:55 PM	Vinyasa Yoga	Theresa H	Studio 1	Open
6:00 PM	6:45 PM	Cycling	Jimmie B	Spin Studio	Open
6:05 PM	7:00 PM	Circuit Training	Johanna D	Gym B	Open
6:15 PM	7:05 PM	Zumba	Yurie Y	Studio 2	Open
<b>FRIDAYS</b>					
7:00 AM	7:55 AM	Hatha Yoga	Yasu S	Studio 2	Int / Adv
7:45 AM	8:30 AM	Deep Definitions SCULPT	Roseann B	Studio 1	Open
9:30 AM	10:25 AM	Total Body Conditioning	Cathy G	Studio 1	Int / Adv
9:40 AM	10:20 AM	Arthritis: PACE	Roseann B	Studio 2	Beginner
10:30 AM	11:30 AM	AOA* Cardio Conditioning	Roseann B	Studio 2	Beginner
12:00 PM	12:45 PM	Cycling	Michele B	Spin Studio	Open
12:30 PM	1:15 PM	Core Training	Leslie H	Studio 2	Open
1:15 PM	2:00 PM	Deep Defintions SCULPT	Leslie H	Studio 2	Open
2:15 PM	3:15 PM	Gentle Yoga	Theresa H	Studio 2	Beginner
2:00 PM	3:30 PM	Ballet – Advanced Beginner	Makiko S	Studio 1	Open
5:30 PM	6:45 PM	Hatha/Vinyasa Yoga	Theresa H	Studio 1	Open
6:30 PM	7:30 PM	Boot Camp	John M	Studio 2	Int / Adv
6:45 PM	7:30 PM	Aqua Exercise	Jon Q	Pool	Open
7:00 PM	8:30 PM	Modern Dance – Horton Technique	Yurie Y	Studio 1	Open
<b>SATURDAYS</b>					
9:10 AM	10:25 AM	Step	Maddi M	Studio 1	Advanced
10:30 AM	11:15 AM	Interval Training	Josue C	Studio 1	Int / Adv
11:00 AM	11:45 AM	Aqua Exercise	Val H	Pool	Open
11:20 AM	12:20 PM	Tap Dance – Absolute Beginner	Liberty S	Studio 1	Open
11:30 AM	12:15 PM	Cycling	John M	Spin Studio	Open
11:50 AM	12:35 PM	Aqua Exercise	Val H	Pool	Open
12:30 PM	2:00 PM	Hatha Yoga	Karen B	Studio 1	Open
12:40 PM	1:40 PM	Tap Dance – Intermediate	Max P	Studio 2	Intermediate
1:45 PM	2:45 PM	Cardio Jazz	Yvonne P	Studio 2	Open
2:15 PM	3:45 PM	Ballet – Intermediate	Kati L	Studio 1	Intermediate
2:45 PM	3:15 PM	Core Training	Roger P	Studio 2	Open
3:30 PM	4:25 PM	Zumba	Johanna D	Studio 2	Open
4:00 PM	5:30 PM	Isadora Duncan – Beginner	Faith K, et al	Studio 1	Int / Adv
4:30 PM	5:30 PM	Total Body Conditioning	Orly M	Studio 2	Int / Adv
<b>SUNDAYS</b>					
10:00 AM	10:45 AM	Cycling	Sharon C	Spin Studio	Open
11:30 AM	1:00 PM	Iyengar Yoga	Wendy B	Studio 2	Open
1:00 PM	2:30 PM	Tap Dance – Advanced Beginner	Tommy S	Studio 1	Open
1:15 PM	2:25 PM	Ballet – Absolute Beginner	Yurie Y	Studio 2	Open
2:30 PM	4:00 PM	Ballet – Intermediate	Yurie Y	Studio 1	Int / Adv
2:45 PM	3:30 PM	Bollywood	Huma M	Studio 2	Open
4:00 PM	4:45 PM	Ballet Pointe Beginner	Yurie Y	Studio 1	Beginner
4:00 PM	5:30 PM	Hatha Yoga	Sharon C/Karen B	Studio 2	Open

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