GROUP FITNESS SCHEDULE
Winter 2020  (Effective 1/2/2019)

**SUNDAY**
- 10:00 am: Core Training - Caroline B. Studio A
- 10:35 am: Cycling - Caroline B. Studio B
- 10:45 am: Vinyasa Yoga - Rob S. Studio A
- 11:15 am: TotalBodyConditioning - James Studio A
- 1:00 pm: Hatha Yoga - Studio B

**MONDAY**
- 6:30 am: Pilates Reformer/L1 - Greg Studio A
- 7:00 am: Cycling - Kevin Studio B
- 7:30 am: INSANITY® - Greg Studio B
- 9:00 am: TotalBodyConditioning - Bill Studio A
- 10:00 am: Vinyasa Yoga - Karen Studio C
- 11:05 am: Tai Chi - Yurie Studio B
- 1:05 pm: Core Training - Karen Studio C
- 12:00 pm: Hatha Yoga - Studio A
- 12:15 pm: Cardio Kickboxing - Andrew Studio B
- 12:30 pm: 'AB'Solute Spin - Susan Studio B
- 1:05 pm: TotalBodyConditioning - Andrew Studio B
- 1:10 pm: Hatha Yoga - Roberto Studio A
- 1:15 pm: Pilates Mat - Roberto Studio A
- 2:00 pm: Zumba® Gold - Johanna Studio A
- 4:45 pm: TotalBodyConditioning - Julie Studio C
- 5:45 pm: Lower Body Blast - Hilleary Studio B
- 6:15 pm: Core Training - Karen Studio C
- 6:30 pm: Advanced Step - Sam Studio B
- 6:35 pm: Hatha Yoga - Studio A
- 6:50 pm: Cycling - Brent Studio C
- 7:00 pm: MELT® - Johnathan Studio C
- 7:30 pm: Zumba® - Sarah Studio B
- 8:30 pm: Yoga - Brent Studio B

**TUESDAY**
- 6:30 am: Boot Camp - Binky Studio B
- 7:00 am: Vinyasa Yoga - Barbara Studio A
- 7:15 am: Stretching - Binky Studio B
- 7:30 am: Hatha Yoga - Studio A
- 10:00 am: INSANITY® - Greg MP
- 11:00 am: Stretch & Meditate - Robert Studio B
- 11:15 am: MELT® - Johnathan Studio A
- 11:15 am: Tai-Chi - Johnathan Studio B
- 12:15 pm: Zumba® - Karen Studio A
- 12:15 pm: Cycling - Andrew Studio B
- 12:30 pm: Prenatal Yoga - Linda Studio C
- 1:05 pm: Core Training - Karen Studio B
- 1:05 pm: Zumba® - Yurie Studio A
- 1:05 pm: Hatha Yoga - Tessa Studio C
- 3:00 pm: Kettlebells - Shannon Studio A
- 3:30 pm: MELT® - Greg Studio A
- 5:30 pm: INSANITY® - Greg Studio A
- 6:10 pm: Keshikai-Kan Karate - Leighton Studio C
- 6:15 pm: Cycling - Staff Studio B
- 6:15 pm: Vinyasa Yoga - Hilleary Studio A
- 6:30 pm: Hi-Lo Cardio - Studio B
- 7:10 pm: Keshikai-Kan Karate - Leighton Studio C
- 7:30 pm: Ultimate Abs - Brent Studio B
- 7:30 pm: Pilates Reformer/L1 - Annette Studio A
- 7:30 pm: Vinyasa Yoga - Greg Studio C
- 8:00 pm: Meditation - Janine Studio A

**WEDNESDAY**
- 7:00 am: Cycling - Kevin Studio B
- 7:00 am: Pilates Reformer/L1 - Annette Studio A
- 7:00 am: Vinyasa Yoga - Greg Studio C
- 7:15 am: PSOX - Raquel Studio A
- 8:30 am: Strength Training - Janine Studio B
- 9:00 am: TotalBodyConditioning - Natalia Studio A
- 10:00 am: Hatha Yoga - Natalie MP
- 10:00 am: Soul Line Dancing - Anita Studio A
- 12:15 pm: Pilates Reformer/L1 - Jacqueline Studio A
- 12:15 pm: TotalBodyConditioning - Annette MP
- 12:15 pm: Cycling - Sam Studio B
- 12:30 pm: Low Impact Cardio - Karen Studio C
- 1:05 pm: emPOWER - Michael Studio A
- 1:10 pm: Hatha Yoga - Suzannne Studio A
- 1:15 pm: Pilates Mat - Jacqueline MP
- 5:30 pm: Cycling - Anne Studio B
- 5:45 pm: Pilates Mat - Theresa Studio A
- 6:00 pm: Cycling - Brent Studio A
- 6:10 pm: Tai Chi - Roberto MP
- 6:30 pm: TotalBodyConditioning - Katherine Studio A
- 6:35 pm: Cycling - Brent Studio B
- 7:00 pm: Vinyasa Yoga - Rob S. Studio B
- 7:00 pm: MELT® - Jonathan Studio C
- 7:30 pm: DEF - Brent Studio B
- 8:30 pm: Cycling - Brent Studio B

**THURSDAY**
- 6:30 am: Boot Camp - Binky Studio B
- 7:15 am: Stretching - Binky Studio B
- 9:00 am: TotalBodyConditioning - Julia Studio A
- 9:45 am: Hatha Yoga - Natalie Studio A
- 10:00 am: Zumba® Gold - Yurie Studio A
- 11:00 am: Tai Chi - Roberto Studio A
- 11:15 am: Prenatal Yoga - Lindsay Studio A
- 11:05 am: Postnatal Yoga - Lindsay MP
- 11:05 am: Dance Party - Yurie MP
- 12:15 pm: TotalBodyConditioning - Karen Studio B
- 12:15 pm: Cycling - Karen Studio B
- 12:15 pm: Core Connection - Leslie Studio C
- 12:15 pm: Prenatal Yoga - Karen Studio A
- 12:15 pm: TotalBodyConditioning - Karin Studio A
- 12:15 pm: Kettlebells - Josue Studio A
- 5:30 pm: TotalBodyConditioning - Andrew MP
- 5:30 pm: Hatha Yoga - Suzanne Studio A
- 6:10 pm: Keshikai-Kan Karate - Leighton Studio C
- 6:30 pm: GROOVE - Leslie Studio B
- 6:30 pm: Power Yoga - Suzanne Studio A
- 6:30 pm: Kettlebells - Andrew MP
- 7:10 pm: Keshikai-Kan Karate - Leighton Studio C
- 7:30 pm: Ultimate Abs - Caroline R. Studio B
- 8:00 pm: Meditation - Kristin Studio A

**FRIDAY**
- 7:00 am: Cycling - Kevin Studio B
- 7:00 am: Pilates Reformer/L1 - Annette Greg Studio A
- 7:15 am: INSANITY® - Greg Studio B
- 9:00 am: TotalBodyConditioning - Natalia Studio A
- 9:45 am: Hatha Yoga - Natalie Studio A
- 10:00 am: TotalBodyConditioning - Annette MP
- 10:00 am: Cycling - Karen Studio B
- 11:00 am: Open Adult Ballet - Yurie Studio A
- 11:05 am: Tai Chi - Roberto Studio A
- 12:15 pm: Zumba® - Yurie Studio A
- 1:15 pm: Boot Camp - Michael Studio A
- 12:15 pm: Hatha Yoga - Lindsay Studio A
- 1:20 pm: TotalBodyConditioning - Karen Studio C
- 1:30 pm: Spin in the Zone - Ellen Studio B
- 1:30 pm: TotalBodyConditioning - Caroline B. Studio A
- 6:15 pm: TotalBodyConditioning - Julia Studio B
- 6:30 pm: Cycling - Sam Studio B
- 7:00 pm: Gentle Yoga - Lindsay Studio A
- 7:15 pm: Core Training - Sam Studio B

**SATURDAY**
- 9:00 am: Tai Chi - Roberto Studio C
- 10:00 am: Vinyasa Yoga - Kristyn Studio A
- 10:00 am: Hi-Lo Cardio - Hillarey Studio B
- 10:45 am: Bikes & Bells - Ellen Studio B
- 11:00 am: TotalBodyConditioning - Hillarey Studio A
- 11:30 am: Pilates Reformer/L1 - Kristyn Studio A
- 12:15 pm: Zumba® - Yurie Studio A
- 12:20 pm: Pilates Reformer/L1 - Kristyn Studio A
- 1:15 pm: Hatha Yoga - James Studio A
- 1:30 pm: Basic Adult Ballet - Yurie Studio B
- 3:05 pm: Ballet Stretch - Yurie Studio B
- 7:00 pm: TotalBodyConditioning - Julia Studio A
- 8:30 pm: Dancing - Yurie Studio A

**Room Locations**
- Multi Purpose (MP) - 2nd Fl.
- Gymnasium - 2nd Fl.
- Studio A - 3rd Fl.
- Studio B - 3rd Fl.
- Studio C - 1st Fl.

Please note that all classes listed in **BOLD** type are FEE-BASED classes. Classes and instructors are subject to change without notice. For information on fitness class schedules, please call Adam Gruberger, Senior Healthy Lifestyles Director at 212-912-2523 or agruberger@ymcanyc.org.

**Beginner Karate Class**
- Active Older Adults (AOA)

Please consult your physician before starting an exercise program.
WHERE THERE’S A Y, THERE’S A WAY

WHERE THERE’S A Y, THERE’S A WAY

GROUP FITNESS CLASS DESCRIPTIONS

YOGA MIND/BODY CLASSES

Gentle Yoga
Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

Hatha Yoga
A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition. All levels are welcome.

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

Power Yoga
An athletic-based yoga class with challenging movements. Recommended for advanced yoga practitioners.

Tai Chi
An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self-defense.

Stretching
An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

Stretch & Relax
Traditional practice to balance “life energy” built on a foundation of aligning body, breath and mind. Incorporates simple stretching.

Meditation
Discover inner silence and calm through this intro to meditation. A variety of techniques will be experienced during classes designed to relax and re-calibrate the mind.

Pilates Mat
Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

MELT®
The MELT Method® is a breakthrough self-treatment system that restores the supportiveness of the body’s connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

AEROBIC/DANCE CLASSES

Groove
A dance/movement class that is designed for EVERYBODY. This unique dance experience uses simple choreography and authentic body movement to amazing music. Dance YOUR dance.

Core Connection
An effective and challenging class which incorporates Pilates, yoga and breath work. To strengthen, lengthen and connect to your core on a deeper level.

Prenatal Yoga
Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth.

Postnatal Yoga
Postnatal Yoga focuses on strengthening the pelvic floor muscles, engaging your core, and creating a sense of community among the women who participate. Appropriate for moms 6 weeks postpartum and up. Moms are welcome to bring their babies or come alone.

STRENGTH TRAINING CLASSES

P90X®
Combines a variety of exercise techniques, including strength training, cardio, yoga, plyometrics and stretching.

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.

Fix & Flexible
This class uses only body resistance for the workout. The student is led through 15 minutes of abs, 15 minutes of lower body, followed by a full 15 minutes of stretching and lengthening the various muscle groups.

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

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

Interval Training
High intensity cardio alternated with recovery periods of lower cardio intensity.

Cardio Kickboxing
This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

Ultimate Abs
Our most challenging ab workout – this intense class is all about your core.

INSANITY®
Insanity® live! Workout in three to five-minute blocks and take breaks only long enough to gulp some air and get right back to work. It’s called Max Interval Training, because it keeps your body working at maximum capacity throughout your entire workout. You keep pushing your limits – so your body has to adapt.

Kettlebells
This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

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

AEROBIC/DANCE CLASSES

Advanced Step
Using an aerobic step, participants follow choreography and step up and down to music. Prior step experience is advised.

Ballet Stretch
This class will increase your flexibility, lengthen and elongate your muscles which promotes good posture, injury prevention and better range of motion in the joints. Improving the body in these areas is beneficial for dancers and non-dancers alike.

Dance Party
Dance at its best. This high energy, calorie-burning dance workout blends a mix of dance styles into something for everyone.

Hi-Lo Cardio
An energizing workout that uses high and low impact movements. Participants can choose their own levels of intensity and impact.

Low Impact Cardio
Get a cardio challenge with minimal impact on bones and joints!

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

Cardio Combo
A combination of cardio dance, kickboxing and plyometric challenges designed to exercise both the mind and body.

Open Adult Ballet
A technique class that places emphasis and attention on alignment and placement of the body.

Soul Line Dancing
Join us dancing in lines performed in unison with a repeating series of steps to choreographed dances to R&B and Hip-Hop. Come join the fun.

Basic Adult Ballet
Learn ballet basics and improve your posture, balance, muscle tone and core. You can increase your range of motion and flexibility. Enjoy the beautiful classical music and graceful movements.

CYCLING CLASSES

Cycling
An intense cardio workout of simulated road bike riding to energizing music.

Spin in the Zone
This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not required for class.

“Ab”solute Spin
One full hour of spinning followed by 30 minutes of core/abdominal work. Come for 60 minutes or stay ‘til the end! A real challenge!

Bikes & Bells
A one hour high intensity interval training combination of spin, with a blast of Kettlebells at the end.

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

AOA CLASSES

The Vanderbilt YMCA offers a comprehensive health and fitness program as well as a schedule of social events for Active Older Adults 55 years of age and over.

AOA Chair Yoga
A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition all from the comfort of a chair.

AOA Strength Training
This 1/2 hour strength training workout is especially for older adults or anyone who would like to include a lower intensity, low-impact workout in their fitness plans.

AOA Total Body Conditioning
A full body workout designed especially for older adults to strengthen and tone the upper and lower body using an assortment of fitness equipment.

AOA Tai Chi
An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self-defense.

AOA Stretching
An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

Zumba Gold®
The design of this 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.

MARTIAL ARTS/AEROBICS CLASSES

empower®
This workout focuses on all parts of the body, combining boxing moves with strength work. Enjoy this high-energy workout challenge.

KenshiKan Karate
This class offers a comprehensive program of movement, self-defense and meditation. Regular participation develops strength, agility, flexibility and coordination along with focus and peace of mind.