



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ADULT GROUP EXERCISE

## WINTER SESSION 1 : 1/2 - 2/23/20

GREENPOINT YMCA

as of 12.2.19

CLASS NAME	START TIME	END TIME	ROOM	INSTRUCTOR
<b>MONDAY</b>				
Indoor Cycling	6:30 AM -	7:15 AM	Spin	Caroline
<b>Child Watch</b>	<b>7:45 AM -</b>	<b>9:45 AM</b>	<b>Studio A</b>	<b>Y Staff</b>
Water Aerobics	10:00 AM -	10:50 AM	Pool	Maria C.
Hatha Yoga	10:00 AM -	10:50 AM	Studio A	Mary
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Silver Sneakers Classic	11:00 AM -	11:50 AM	Gym	Patricia
Baby & Me Yoga**	11:00 AM -	11:50 AM	Studio A	Julia
Total Body Conditioning	12:00 PM -	12:50 PM	Gym	Ali
Zumba@	6:30 PM -	7:20 PM	Gym	Veronica
Gentle Flow Yoga	6:30 PM -	7:30 PM	Studio B	Stefanie
Total Body Conditioning	7:25 PM -	8:10 PM	Gym	Veronica
Indoor Cycling Orientation	7:15 PM -	7:30 PM	Spin	Caroline
Meditation	7:30 PM -	7:45 PM	Studio B	Stefanie
Indoor Cycling	7:30 PM -	8:15 PM	Spin	Caroline
Water Aerobics	8:05 PM -	8:55 PM	Pool	Anna
Train Like an Athlete	8:15 PM -	9:00 PM	Gym	Ali
Volleyball - Open Gym (w/ Instructor)	9:05 PM -	11:30 PM	Gym	Dariusz
<b>TUESDAY</b>				
Indoor Cycling	7:00 AM -	7:45 AM	Spin	John
Vinyasa Yoga	7:00 AM -	8:00 AM	Studio A	Julia
Pilates Mat	10:00 AM -	10:50 AM	Gym	Zoe R.
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Interval Training	12:00 PM -	12:50 PM	Gym	Jon
<b>Child Watch</b>	<b>6:15 PM -</b>	<b>8:30 PM</b>	<b>Studio A</b>	<b>Y Staff</b>
Shotokan Karate (18+)	6:30 PM -	7:20 PM	Studio B	Brian
Boot Camp	6:40 PM -	7:30 PM	Gym	Ali
Indoor Cycling Orientation	6:45 PM -	7:00 PM	Spin	Caroline
Indoor Cycling	7:00 PM -	7:45 PM	Spin	Caroline
Water Aerobics	7:00 PM -	8:00 PM	Pool	Patricia
Yoga	7:45 PM -	8:35 PM	Studio B	Zoe I.
Basketball League (18+)	8:00 PM -	11:55 PM	Gym	Fee-based
<b>WEDNESDAY</b>				
Indoor Cycling	6:00 AM -	6:45 AM	Spin	John
AOA Strength Training	9:00 AM -	9:50 AM	Gym	Patricia
Total Body Conditioning	10:00 AM -	10:50 AM	Gym	Ali
Water Aerobics	10:00 AM -	10:50 AM	Pool	Maria C.
Power Yoga	10:00 AM -	10:50 AM	Studio A	Jeanette
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Gentle Flow Yoga	12:00 PM -	12:50 PM	Studio A	Zoe I.
Indoor Cycling	12:00 PM -	12:45 PM	Spin	Rebecca
Baby & Me Yoga**	1:00 PM -	1:50 PM	Studio A	Julia
<b>Child Watch</b>	<b>6:15 PM -</b>	<b>8:30 PM</b>	<b>Studio A</b>	<b>Y Staff</b>
Gentle Yoga	6:30 PM -	7:20 PM	Studio B	Jeanette
<b>Kettlebell Circuit</b> <b>NEW</b>	<b>6:45 PM -</b>	<b>7:20 PM</b>	<b>Gym</b>	<b>Ali</b>
Indoor Cycling Orientation	7:15 PM -	7:30 PM	Spin	Caroline
Indoor Cycling	7:30 PM -	8:15 PM	Spin	Caroline
Water Aerobics	8:05 PM -	8:55 PM	Pool	Anna
Soccer (18+) - Open Gym	8:30 PM -	11:55 PM	Gym	Free Play

CLASS NAME	START TIME	END TIME	ROOM	INSTRUCTOR
<b>THURSDAY</b>				
Indoor Cycling	6:15 AM -	7:00 AM	Spin	Rachel
Vinyasa Yoga	9:00 AM -	10:00 AM	Studio A	Jeanette
Pilates Mat	10:00 AM -	10:50 AM	Gym	Melody
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Cardio Kickboxing (Ticket)	12:00 PM -	12:50 PM	Studio B	Matthew
Pilates Mat	5:45 PM -	6:35 PM	Gym	Zoe R.
<b>Child Watch</b>	<b>6:15 PM -</b>	<b>8:30 PM</b>	<b>Studio A</b>	<b>Y Staff</b>
Insanity	6:45 PM -	7:35 PM	Gym	Stephen
Vinyasa Yoga	6:45 PM -	7:45 PM	Studio B	Zoe R.
Water Aerobics	7:00 PM -	8:00 PM	Pool	Anna
P90X	7:45 PM -	8:35 PM	Gym	Stephen
Basketball - Open Gym (18+)	8:45 PM -	11:55 PM	Gym	Free Play
<b>FRIDAY</b>				
AOA Strength Training	9:00 AM -	9:50 AM	Gym	Patricia
Pilates Mat	10:00 AM -	10:50 AM	Gym	Yasu
Water Aerobics	10:00 AM -	10:50 AM	Pool	Maria C.
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Vinyasa Yoga	11:15 AM -	12:30 PM	Studio A	Zoe R.
Pi-Yo	12:00 PM -	12:50 PM	Gym	Stephen
Baby & Me Yoga**	1:00 PM -	1:50 PM	Studio A	Julia
Gentle Yoga	6:30 PM -	7:30 PM	Studio A	Debby
Indoor Cycling Orientation	6:30 PM -	6:45 PM	Spin	Rachel
Indoor Cycling	6:45 PM -	7:30 PM	Spin	Rachel
Tai Chi   Sword   Beginner	7:30 PM -	8:20 PM	Gym	Maria M.
Basketball - Open Gym (18+)	8:30 PM -	11:55 PM	Gym	Free Play
<b>SATURDAY</b>				
Indoor Cycling Orientation	7:45 AM -	8:00 AM	Spin	Rachel
Indoor Cycling	8:00 AM -	8:45 AM	Spin	Rachel
<b>Child Watch</b>	<b>8:45 AM -</b>	<b>1:15 PM</b>	<b>Studio A</b>	<b>Y Staff</b>
Gentle Yoga	9:00 AM -	9:50 AM	Gym	Yasu
Kettlebells	10:00 AM -	10:50 AM	Gym	Stephen
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
P90X	11:00 AM -	11:50 AM	Gym	Stephen
Shotokan Karate (18+)	11:00 AM -	11:50 AM	Studio B	Brian
Pilates Mat	12:00 PM -	12:50 PM	Gym	Elena
Basketball - Open Gym (18+)	8:00 PM -	11:55 PM	Gym	Free Play
<b>SUNDAY</b>				
Indoor Cycling Orientation	8:45 AM -	9:00 AM	Spin	Caroline
Indoor Cycling	9:00 AM -	9:45 AM	Spin	Caroline
Yoga - Intermediate	9:00 AM -	9:50 AM	Studio A	Adele
Gentle Yoga	10:00 AM -	10:50 AM	Studio A	Adele
Indoor Cycling - Virtual	10:00 AM -	3:00 PM	Spin	Self
Pilates Mat	11:00 AM -	11:50 AM	Gym	Marta
Bootcamp	12:00 PM -	12:50 PM	Gym	Jon
Tai Chi	1:00 PM -	2:00 PM	Gym	Maria M.
Basketball - Open Gym (18+)	6:00 PM -	10:00 PM	Gym	Free Play

\*Schedule changes are noted in red

\*\*Family Friendly

**\*Need Financial Assistance? JUST ASK!**

Please discuss any physical limitations or medical conditions that might affect your workout with the instructor—this includes being new to the class or exercise form. **PLEASE ARRIVE TO CLASS ON TIME—latecomers may be denied admittance to class.**

## ACTIVE OLDER ADULTS

**AOA STRENGTH TRAINING** This strength training workout is especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans. **ALL LEVELS**  
**SILVER SNEAKERS@ CLASSIC** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/ or standing support. **ALL LEVELS**

## AQUA FITNESS

**WATER AEROBICS** An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility.

## CARDIO

**CARDIO KICKBOXING** This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout. **INTERMEDIATE. (Ticket-based class).**

**INTERVAL TRAINING** High intensity cardio alternated with recovery periods of lower cardio intensity.

**INDOOR CYCLING/SPIN@ ORIENTATION** Learn appropriate bike settings and body alignment.

**INDOOR CYCLING/SPIN@** An intense cardio workout of simulated road bike riding to energizing music.

**VIRTUAL INDOOR CYCLING** Self-led class. Customize your workout with Virtual Indoor Cycling. Bring a bottle of water, your playlist, and ride virtually anywhere in the world through our TV screen!

## CONDITIONING

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

**INSANITY** Insanity Live! Workout in 3 to 5-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 through 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!

**P90X** Power through a full-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

**STRONG BY ZUMBA@** An overall conditioning workout combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**TOTAL BODY CONDITIONING** A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

**TRAIN LIKE AN ATHLETE** Athletic drills create an intense efficient workout to get your performance and conditioning to the next level.

**TRX CIRCUIT** TRX Suspension Training will take your workout to new heights! It's not just about training harder, it's about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results. **ADVANCED. (Ticket-based class).**



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## DANCE

**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.

## FAMILY FRIENDLY

**BABY & ME YOGA** A great way to bond with your baby! This class is designed to help new parents gain strength and flexibility, while incorporating baby in the process. It also provides opportunities to build relationships with other new parents.

**TOT & ME YOGA** Parents and children playfully move together through poses and songs appropriate for toddlers.

**PUNK ROPE** A high energy, fun fitness class great for the entire family, combining rope jumping with a wide variety of creative conditioning drills to fun music.

## MARTIAL ARTS

**SHOKOTAN KARATE (18+)** Shotokan is a karate practice that teaches self defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique. **BEGINNER TO ADVANCED**

**TAI CHI** An ancient form of mind and body exercise that uses purposeful, slow movements in a form of meditation for relaxation, health and self-defense.

**TAI CHI - SWORD** An ancient form of mind and body exercise that uses purposeful, slow movements with the use of a sword. **BEGINNER**

## MIND/ BODY

**GENTLE YOGA** Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

**GENTLE FLOW YOGA** A relaxing style of yoga that is intended to be healing and nurturing for the body.

**HATHA YOGA** A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

**MEDITATION** Discover inner silence and calm through this introduction 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.

**PiYo™** PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

**POWER YOGA** An athletic-based yoga class with challenging movements. **ADVANCED.**

**YOGA** A type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

**VINYASA YOGA** Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

## SPORTS

**BASKETBALL LEAGUE (SEASONAL)** A seasonal registration based league, games are full court 18+ in a fun, competitive atmosphere. **ALL LEVELS**

**OPEN GYM - SOCCER** A great time to play indoor soccer in a positive active environment. **ALL LEVELS**

**OPEN GYM - VOLLEYBALL (WITH INSTRUCTOR)** Play the game of volleyball with access to an onsite instructor for any questions on technique in a non-competitive fun atmosphere! **ALL LEVELS**

**Y FIT START FITNESS PROGRAM** Our Y Fit Start program will support you in building a regular exercise routine by starting slowly, setting realistic goals and figuring out what works best for you. The Y Fit program is 12 weeks of individual exercise designed for new and returning exercisers. During the 12 weeks, you will have four (4) appointments with a Y Fit Coach to provide you with personal attention and extra motivation to help keep you on track. We're committed to supporting you, and best of all, it's all free with membership. **REGISTER AT THE FRONT DESK!**