

GROUP EXERCISE CLASSES



YMCA OF GREATER
NEW YORK
Where there's a Y,
there's a way.

HOLIDAY SCHEDULE

Saturday, December 21

9:00am – 10:00am – Tai Chi - Juan
3:15pm – 4:15pm – Pilates Mat - Mary
4:30pm – 5:30pm – Zumba – Dally

Sunday, December 22

10:00am – 11:30am – Vinyasa Yoga - Susie
12:00pm-1:00pm – Step and Sculpt – Dally
1:15pm-2:15pm – Zumba – Dally

Monday, December 23

9:00am – 10:00am – Tai Chi – Tina
10:00am – 11:00am – Chair Yoga - Lydia
11:15am – 12:00pm – Pilates Mat - Mary
6:15pm – 7:00pm – Cardio Sculpt Express - Demetra
7:00pm – 8:00pm – Zumba – Jorge
7:30pm – 9:00pm – Vinyasa Yoga – Jared

December 24 – January 1
NO group exercise classes during this period.

Regular schedule in effect Thursday, January 2, 2020.