## Winter GROUP FITNESS SCHEDULE

### Mondays AM
| 6:00 - 6:45am | Indoor Cycling | Alma | Spin Studio |
| 7:00 - 7:45am | Pilates Ball | Jenn | Studio A |
| 7:00 - 7:50am | Aqua Aerobics | Sharri | Pool |
| 8:00 - 8:55am | Hatha Yoga | Emily R. | Studio B |
| 8:00 - 8:45am | BodyPump Express™ | Natarsha | Studio A |
| 9:00 - 9:50am | Barre | Natarsha | Studio A |
| 9:00 - 9:50am | Gentle Yoga for All Women | Anna | Studio B |
| 10:00 - 10:55am | Baby and Toddler Yoga | Anna | Studio B |
| 10:00 - 10:50am | AOA Cardio Conditioning | Akwesi | Studio A |
| 11:00 - 11:50am | ZUMBA | Sophia | Studio A |
| 12:00 - 1:00pm | BodyPump™ | Sophia | Studio A |
| 12:00 - 12:50pm | Aqua Aerobics | Simone | Pool |

### Tuesdays AM
| 6:30 - 7:00am | GRIT Strength™ | Hannah | Studio A |
| 7:00 - 7:50am | Aqua Aerobics | Sharri | Pool |
| 9:00 - 9:55am | Hatha Yoga | Natarsha | Studio A |
| 10:00 - 10:50am | AOA Cardio Conditioning | Akwesi | Studio A |
| 11:00 - 12:00pm | AOA Cardio Conditioning | Avion | Studio A |
| 11:30 - 12:30pm | Core Training | Avion | Studio A |
| 12:00 - 12:50pm | Aqua Aerobics | Simone | Pool |

### Wednesdays AM
| 6:00 - 6:45am | Indoor Cycling | Jenn | Spin Studio |
| 7:00 - 7:50am | Aqua Bootcamp | Sharri | Pool |
| 8:00 - 8:30am | Barre Express | Natarsha | Studio A |
| 8:30 - 10:00am | Hatha Yoga | Mare | Studio B |
| 8:45 - 9:30am | BodyPump Express™ | Natarsha | Studio A |
| 9:30 - 10:20am | Indoor Cycling | Miranda | Spin Studio |
| 10:15 - 11:15am | Pilates Mat | Sophia | Studio A |
| 10:30 - 11:25am | Total Body Conditioning | Miranda | Studio B |
| 11:30 - 12:25pm | Core Training | Mare | Studio B |
| 11:30 - 12:20pm | Tai Chi | Phil | Studio A |
| 12:00 - 12:50pm | Indoor Cycling | Miranda | Spin Studio |
| 12:00 - 12:50pm | Aqua Dance Aerobics | James | Pool |
| 12:30 - 1:15pm | Better Balance AOA | Janice | Studio A |

### Thursdays AM
| 6:30 - 7:00am | GRIT Strength™ | Hannah | Studio A |
| 7:00 - 7:50am | Aqua Aerobics | James | Pool |
| 8:00 - 8:50am | Salsa Dance Party | James | Studio A |
| 9:00 - 9:55am | Tai Chi Sword | Phil/Rebecca | Studio A |
| 10:00 - 10:55am | Beginner Pilates | Natarsha | Studio A |
| 10:00 - 10:55am | Indoor Cycling | Sharri | Spin Studio |
| 10:30 - 11:25am | Hatha Yoga | Jane | Studio B |
| 10:55 - 11:55am | Retro Dance Party | James | GYM |
| 11:15 - 11:45am | CXWorx™ | Petra | Studio A |
| 11:30 - 12:30pm | Hatha Yoga | Jane | Studio B |
| 12:00 - 12:50pm | Chair Yoga | Dominique | Studio A |
| 12:00 - 12:50pm | Aqua Aerobics | Sharri | Pool |

### Fridays AM
| 6:00 - 6:45am | Indoor Cycling | Alma | Spin Studio |
| 7:00 - 7:50am | Aqua Aerobics | Sharri | Pool |
| 8:00 - 8:45am | Pilates | Natarsha | Studio A |
| 8:00 - 9:00am | Vinyasa Yoga | Emily R. | Studio B |
| 9:00 - 9:55am | Trampoline Fitness | Alma | Studio A |
| 9:30 - 10:30am | AOA Cardio Conditioning | Akwesi | Studio B |
| 10:00 - 10:55am | Total Body Conditioning | Alma | Studio A |
| 11:00 - 11:45am | Indoor Cycling | Sharri | Spin Studio |
| 11:00 - 11:50am | Pilates Mat | Sophia | Studio A |
| 12:00 - 12:50pm | Aqua Aerobics | Simone | Pool |

### Saturdays AM
| 7:30 - 9:00am | Indoor Cycling (Endurance) | Bob | Spin Studio |
| 8:00 - 9:00am | BodyPump™ | Tyrice | GYM |
| 9:10 - 9:40am | GRIT Cardio™ | Chelsea | GYM |
| 9:30 - 10:15am | Indoor Cycling | Bob | Spin Studio |
| 9:30 - 10:25pm | Gentle Yoga | Dominique | Studio B |
| 9:30 - 10:30am | Tai Chi | Phil | Studio A |
| 10:30 - 11:55am | Vinyasa Yoga - Intermediate | Dominique | Studio B |
| 10:45 - 11:35am | Indoor Cycling for Beginners | Cathy | Spin Studio |
| 11:00 - 12:15pm | Cardio Kickboxing Intervals | Tyrice | Studio A |

### Sundays AM
| 8:30 - 9:20am | Trampoline Fitness | Jenn | Studio A |
| 9:00 - 10:00am | Indoor Cycling | Valerie | Spin Studio |
| 9:00 - 9:55am | BodyCombat™ | Petra | Studio B |
| 9:30 - 10:30am | Total Body Conditioning | Avion | Studio A |
| 10:00 - 10:50am | Pilates Mat | Sophia | Studio B |
| 10:30 - 11:20am | Step & Sculpt | Avion | Studio A |
| 11:30 - 12:45pm | Hip-Hop | Ray | Studio A |
| 12:00 - 12:55pm | Hatha Yoga | Dominique | Studio A |

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**Sign in for Pilates, Barre, Balance, Body Pump, Indoor Cycling, & Body Combat**

*Available 1 hour before class begins at the front desk*

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**ALL CLASSES INCLUDED WITH MEMBERSHIP**

**Winter SESSION 201 Jan 2 – Feb 23**
<table>
<thead>
<tr>
<th>Monday PM</th>
<th>Tuesday PM</th>
<th>Wednesday PM</th>
<th>Thursday PM</th>
<th>Friday PM</th>
<th>Saturday PM</th>
<th>Sunday PM</th>
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<tbody>
<tr>
<td>1:00 – 2:30pm Vinyasa Yoga</td>
<td>12:30 – 1:15pm Retro Dance Party</td>
<td>1:00 – 1:55pm M.E.L.T.®</td>
<td>12:45 – 1:45pm Stretch</td>
<td>12:00 – 12:55pm Hatha Yoga</td>
<td>12:00 – 12:55pm Gentle Yoga</td>
<td>12:45 – 1:30pm Advanced Kettlebells</td>
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<td>1:15 – 2:15pm AOA Cardio Conditioning</td>
<td>12:45 – 1:45pm Stretch</td>
<td>2:00 – 2:55pm AOA Strength Training</td>
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<td>12:00 – 1:00pm BodyPump™</td>
<td>12:00 – 1:25pm ZUMBA</td>
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<td>2:30 – 3:30pm AOA Strength Training</td>
<td>2:45 – 3:45pm Salsa Dance Party</td>
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<td>5:00 – 5:50pm Beginner Pilates</td>
<td>2:45 – 3:45pm Salsa Dance Party</td>
<td>3:00 – 3:55pm Vinyasa Yoga</td>
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<td>3:45 – 4:45pm Pilates Mat</td>
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<td>6:00 – 6:50pm Total Body Conditioning</td>
<td>4:15 – 5:00pm Groove for Kids</td>
<td>4:00 – 5:00pm Vinyasa Yoga</td>
<td>2:00 – 3:00pm AOA Cardio Conditioning</td>
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<td>6:00 – 6:50pm Power Yoga</td>
<td>5:00 – 6:00pm Teen FITT</td>
<td>6:00 – 7:00pm Tai Chi</td>
<td>1:00 – 2:00pm BodyPump™</td>
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**For the most up to schedule, download our app. (“YMCA of Greater New York” in the App store and select Dodge) or visit www.ymcany.org/dodge/schedules to view the interactive calendar. This is a monthly schedule and does not show last minute changes.**

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