

# 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 - 10:20am	Vinyasa Yoga	Naomi	Studio B
9:00 - 9:55am	Barre	Natarsha	GYM
10:00 - 10:50am	Indoor Cycling	Sharri	Spin Studio
10:00 - 10:55am	ZUMBA	Natarsha	Studio A
10:30-11:25am	Hatha Yoga	Jane	Studio B
11:00 - 12:00pm	AOA Cardio Conditioning	Avion	Studio A
11:30-12:30pm	Hatha Yoga	Jane	Studio B
12:00 - 12:30pm	Core Training	Avion	Studio A
12:00 - 12:50pm	Aqua Aerobics	Simone	Pool

## Wednesday 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

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

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

Blue highlight indicates a NEW class change and/or update

Winter SESSION 201 Jan 2 – Feb 23

## Thursday 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

## Friday 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

## Saturday 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
9:15 - 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

## Sunday 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 B

ALL CLASSES INCLUDED WITH MEMBERSHIP

## Monday PM

1:00 - 2:30pm	Vinyasa Yoga		Naomi	Studio B
1:15 - 2:15pm	AOA Cardio Conditioning	☀️	Avion	Studio A
2:30 - 3:30pm	AOA Strength Training	☀️	Avion	Studio A
5:00 - 5:50pm	Beginner Pilates		Natarsha	Studio A
5:00 - 6:20pm	Led Ashtanga Yoga	🔥	Naomi	Studio B
6:00 - 6:50pm	Total Body Conditioning		Alma	GYM
6:00 - 6:50pm	Barre		Natarsha	Studio A
6:30 - 7:25pm	Power Yoga	🔥	Emily R.	Studio B
7:00 - 8:00pm	BodyPump™		Tyrice	GYM
7:00 - 8:00pm	Indoor Cycling		Emily H.	Spin Studio
7:00 - 7:50pm	ZUMBA		Sophia	Studio A
7:00 - 7:30pm	Core Connection		Alma	Studio C
8:00 - 9:00pm	Salsa		Alma	Studio B
8:00 - 9:00pm	Pilates Mat	🔥	Sophia	Studio A

## Tuesday PM

12:30 - 1:15pm	Retro Dance Party	☀️	James	Studio A
12:45 - 1:45pm	Stretch		Jane	Studio B
1:30 - 2:30pm	Chair Yoga	☀️	Dominique	Studio A
3:00 - 3:55pm	Salsa Dance Party		James	Studio A
4:15 - 5:00pm	Groove for Kids	♥️	Victoria	Studio B
5:00 - 6:00pm	Teen FITT	♥️	Victoria	Studio B
5:30 - 6:30pm	Indoor Cycling	🔥	Alma	Spin Studio
6:00 - 6:30pm	GRIT Mix		Chelsea	Studio A
6:45 - 7:30pm	Trampoline Fitness		Alma	Studio A
7:00 - 8:30pm	Hatha Yoga		Mare	Studio B
7:45 - 8:45pm	Total Body Conditioning		Alma	Studio A

## Wednesday PM

1:00 - 1:55pm	M.E.L.T.®		Jane	Studio B
2:00 - 3:00pm	M.E.L.T. Strength® - Advanced		Jane	Studio B
2:00 - 2:55pm	AOA Strength Training	☀️	James	Studio A
3:00 - 3:55pm	Jazz		James	Studio A
4:00 - 5:00pm	Total Body Conditioning		Avion	Studio A
4:15 - 5:00pm	CATCH for Kids	♥️	Victoria	Studio B
5:00 - 6:00pm	Teen FITT	♥️	Victoria	Studio B
5:30 - 6:25pm	Kettlebells		Alma	Studio A
6:30 - 7:30pm	Zumba		Natarsha	Studio A
6:30 - 7:30pm	BodyPump™		Tyrice	GYM
6:45 - 7:30pm	Indoor Cycling		Alma	Spin Studio
7:00 - 8:30pm	Power Yoga	🔥	Emily R.	Studio B
7:40 - 8:40pm	ZUMBA		Alma	Studio A

For the most up to schedule, download our app. ("YMCA of Greater New York" in the App store and select Dodge) or visit [www.ymcanyc.org/dodge/schedules](http://www.ymcanyc.org/dodge/schedules) to view the interactive calendar. This is a monthly schedule and does not show last minute changes.

**Winter SESSION 201 Jan 2 – Feb 23**

## Thursday PM

12:45 - 1:45pm	Stretch		Jane	Studio B
1:00 - 1:55pm	AOA Strength Training	☀️	James	Studio A
2:00 - 3:00pm	AOA Cardio Conditioning	☀️	James	Studio A
5:00 - 6:10pm	Vinyasa Yoga		Dominique	Studio B
5:30 - 6:20pm	Barre		Natarsha	Studio A
6:15 - 7:10pm	M.E.L.T.®		Jane	Studio B
6:30 - 7:20pm	The Nu Method™		Tanya	Studio A
7:00 - 7:50pm	Indoor Cycling		Emily H.	Spin Studio
7:15 - 8:15pm	Stretch		Jane	Studio B
7:30 - 8:00pm	GRIT Cardio		Chelsea	Studio A

## Friday PM

12:00 - 12:55pm	Hatha Yoga		Dominique	Studio B
12:00 - 1:00pm	BodyPump™		Sophia	Studio A
1:15 - 2:15pm	ZUMBA		Sophia	Studio A
1:00 - 2:30pm	Vinyasa Yoga		Dominique	Studio B
2:30 - 3:30pm	Broadway Dance	☀️	James	Studio A
4:00 - 5:30pm	Vinyasa Yoga		Naomi	Studio B
6:00 - 7:00pm	Tai Chi	☀️	Rebecca	Studio B
6:00 - 6:45pm	BodyPump Express™		Tyrice	GYM
6:00 - 6:55pm	The Nu Method™ Teens		Tanya	Studio A
7:00 - 8:00pm	ZUMBA		Sophia	Studio A

## Saturday PM

12:00 - 12:55pm	Gentle Yoga		Dominique	Studio B
12:30 - 1:25pm	ZUMBA		Alma	Studio A
1:00 - 2:00pm	Vinyasa Yoga		Dominique	Studio B
1:30 - 3:00pm	Hip-Hop	♥️	Ray	Studio A
3:00 - 4:30pm	Led Ashtanga Yoga	🔥	Naomi	Studio B
4:15 - 5:30pm	Ballet		James	Studio A

## Sunday PM

12:45 - 1:30pm	Advanced Kettlebells	🔥	Alma	Studio A
1:00 - 2:30pm	Hatha Yoga		Dominique	Studio B
1:35 - 2:35pm	ZUMBA		Alma	Studio A
2:40 - 3:40pm	ZUMBA		Sophia	Studio A
3:45 - 4:45pm	Pilates Mat	🔥	Sophia	Studio A

## KEY



Active Older Adult Class



Family, Youth, Teen or Pre-Natal Class



Aqua Water Class



High Intensity Class

Sign in for Barre, Body Pump, Cycling, Balance at the Welcome Desk.

Blue highlight indicates a NEW class change and/or update

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

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

Download the APP - YMCA of Greater NY - select Dodge for the latest schedule updates and Sub information!