



West Side
YMCA

Group
Exercise
Winter
2020

MONDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	Mind/Body Studio	
	7:15 – 8:00 AM	Indoor Cycling	Alex	Cycle Studio	
	8:05 – 8:55 AM	● Aqua Arthritis	Jacqueline	Small Pool	
	9:00 – 9:25 AM	● AOA Cardio Conditioning	Brian	Group Exercise Studio	
	9:15 – 10:15 AM	Circuit Training	Shaun	Functional Training Center	
	9:30 – 10:25 AM	DANCEALATES®:barre	Melissa	Group Exercise Studio	
	9:30 – 10:25 AM	● AOA Strength Training	Brian	Mind/Body Studio	
	10:30 – 11:25 AM	● Zumba® Gold	Sonia	Group Exercise Studio	
	10:30 – 11:30 AM	Vinyasa Yoga – Advanced	Marci	Mind/Body Studio	
	11:30 – 12:25 PM	Total Body Conditioning	Melissa	Group Exercise Studio	
CHILD WATCH 5:30PM-7:30PM	11:30 – 12:25 PM	● Chair Yoga	Marci	Mind/Body Studio	
	12:30 – 1:15 PM	Rowing Circuit	Shaun	Functional Training Center	
	12:30 – 1:30 PM	● MELT®	Edya	Mind/Body Studio	
	12:30 – 1:30 PM	● Pilates Mat – Beginner	Mike L.	Group Exercise Studio	
	12:35 – 1:25 PM	● Aqua Arthritis	Ron	Small Pool	
	1:35 – 2:35 PM	● Feldenkrais Method	Donna	Mind/Body Studio	
	6:00 – 6:55 PM	Masala Bhangra	Deborah	Group Exercise Studio	
	6:05 – 6:55 PM	● Aqua Aerobics	Juliet	Small Pool	
	6:30 – 7:25 PM	Tai Chi – Intermediate	Arnold	Mind/Body Studio	
	6:30 – 7:30 PM	Indoor Cycling	Dennis	Cycle Studio	
CHILD WATCH 9:00AM-12:00PM	6:30 – 7:30 PM	TRX Circuit	Eric	Functional Training Center	
	7:00 – 8:00 PM	Pilates Mat – Beginner	Paolina	Group Exercise Studio	
	7:30 – 9:00 PM	Iyengar Yoga	Dmitri	Mind/Body Studio	
	CHILD WATCH 9:00AM-12:00PM	6:00 – 6:45 PM	Indoor Cycling	Erica	Cycle Studio
		7:00 – 8:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
9:00 – 10:25 AM		Iyengar Yoga – Gentle	Martha	Mind/Body Studio	
9:15/9:30 – 10:15 AM		Orientation/Indoor Cycling	Jonathan W.	Cycle Studio	
9:30 – 10:25 AM		● AOA Cardio Conditioning	Alexandra	Group Exercise Studio	
CHILD WATCH 5:30PM-7:30PM	10:20 – 10:35 AM	Express Core Training	Jonathan W.	Functional Training Center	
	10:30 – 11:30 AM	● AOA Sit Fit	Alexandra	Mind/Body Studio	
	10:30 – 11:30 AM	Total Body Conditioning	Julie	Group Exercise Studio	
	11:30 – 11:55 PM	Core Training	Julie	Group Exercise Studio	
	11:30 – 12:30 PM	● AOA Stretch	Alexandra	Mind/Body Studio	
	12:00 – 1:00 PM	Pilates Mat	Melissa	Group Exercise Studio	
	12/12:15 – 1:00 PM	Orientation/Indoor Cycling	Lisa	Cycle Studio	
	12:15 – 1:15 PM	TRX Strength	Jonathan W.	Functional Training Center	
	12:35 – 1:25 PM	● Aqua Arthritis	Ron	Small Pool	
	2:00-3:00 PM	● Chair Yoga	Stephanie	Mind/Body Studio	
CHILD WATCH 5:30PM-7:30PM	4:00 – 5:15 PM	● Restorative Yoga	Stephanie	Mind/Body Studio	
	5:30 – 6:25 PM	Total Body Conditioning	Erica	Group Exercise Studio	
	6:00 – 7:15 PM	Capoeira	Professora Misil	Mind/Body Studio	
	6:05 – 6:55 PM	● Aqua Aerobics	Juliet	Small Pool	
	6:30 – 7:25 PM	Dance Party	Alet	Group Exercise Studio	
	6:30 – 7:30 PM	DANCEALATES®:barre	Mike L.	2nd Fl Multipurpose Studio	
	6:30 – 7:30 PM	Indoor Cycling	Erica	Cycle Studio	
	6:30 – 7:30 PM	Train Like an Athlete – Advanced	Robert	Functional Training Center	
	7:30 – 9:00 PM	Iyengar Yoga	Wendy	Mind/Body Studio	
	7:30 – 9:30 PM	Jin Sei Ryu Karate	Melvin	Group Exercise Studio	

TUESDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 6:45 PM	Indoor Cycling	Erica	Cycle Studio
	7:00 – 8:00 AM	Boot Camp	Jonathan W.	Group Exercise Studio
	9:00 – 10:25 AM	Iyengar Yoga – Gentle	Martha	Mind/Body Studio
	9:15/9:30 – 10:15 AM	Orientation/Indoor Cycling	Jonathan W.	Cycle Studio
	9:30 – 10:25 AM	● AOA Cardio Conditioning	Alexandra	Group Exercise Studio
	10:20 – 10:35 AM	Express Core Training	Jonathan W.	Functional Training Center
	10:30 – 11:30 AM	● AOA Sit Fit	Alexandra	Mind/Body Studio
	10:30 – 11:30 AM	Total Body Conditioning	Julie	Group Exercise Studio
	11:30 – 11:55 PM	Core Training	Julie	Group Exercise Studio
	CHILD WATCH 5:30PM-7:30PM	11:30 – 12:30 PM	● AOA Stretch	Alexandra
12:00 – 1:00 PM		Pilates Mat	Melissa	Group Exercise Studio
12/12:15 – 1:00 PM		Orientation/Indoor Cycling	Lisa	Cycle Studio
12:15 – 1:15 PM		TRX Strength	Jonathan W.	Functional Training Center
12:35 – 1:25 PM		● Aqua Arthritis	Ron	Small Pool
2:00-3:00 PM		● Chair Yoga	Stephanie	Mind/Body Studio
4:00 – 5:15 PM		● Restorative Yoga	Stephanie	Mind/Body Studio
5:30 – 6:25 PM		Total Body Conditioning	Erica	Group Exercise Studio
6:00 – 7:15 PM		Capoeira	Professora Misil	Mind/Body Studio
6:05 – 6:55 PM		● Aqua Aerobics	Juliet	Small Pool
CHILD WATCH 9:00AM-12:00PM	6:30 – 7:25 PM	Dance Party	Alet	Group Exercise Studio
	6:30 – 7:30 PM	DANCEALATES®:barre	Mike L.	2nd Fl Multipurpose Studio
	6:30 – 7:30 PM	Indoor Cycling	Erica	Cycle Studio
	6:30 – 7:30 PM	Train Like an Athlete – Advanced	Robert	Functional Training Center
	7:30 – 9:00 PM	Iyengar Yoga	Wendy	Mind/Body Studio
	7:30 – 9:30 PM	Jin Sei Ryu Karate	Melvin	Group Exercise Studio

WEDNESDAYS

CHILD WATCH 9:00AM-12:00PM	6:00 – 8:00 AM	Ashtanga Yoga: MYSORE	Evan	Mind/Body Studio
	7:00 – 8:00 AM	Circuit Training	Lisa	Functional Training Center
	8:05 – 8:55 AM	● Aqua Arthritis	Ron	Small Pool
	9:00 – 9:30 AM	● AOA Strength Training	Cathy G	Group Exercise Studio
	9:15 – 10:15 AM	Pilates Mat	Melissa	Mind/Body Studio
	9:30 – 10:30 AM	● AOA Cardio Conditioning	Cathy G	Group Exercise Studio
	10:30 – 10:45 AM	● AOA Stretch	Cathy G	Group Exercise Studio
	10:45 – 11:45 AM	● Feldenkrais Method	Donna	Mind/Body Studio
	11:00 – 12:00 PM	Total Body Conditioning	Cathy	Group Exercise Studio
	CHILD WATCH 5:30PM-7:30PM	12:00 – 1:30 PM	Iyengar Yoga	Richard
12/12:15 – 1:00 PM		Orientation/Indoor Cycling	Cathy	Cycle Studio
12:30 – 1:30 PM		Pilates Mat	Mike L.	Group Exercise Studio
1:05 – 1:55 PM		● Aqua Dance	Juliet	Small Pool
1:35 – 2:35 PM		● Chair Yoga	Tatiana	Mind/Body Studio
2:35 – 3:35 PM		● Meditation	Tatiana	Mind/Body Studio
5:20 – 6:25 PM		● MELT® Performance	Edya	Mind/Body Studio
5:30 – 6:25 PM		Total Body & Kettlebells	Kathy	Group Exercise Studio
5:45 – 6:45 PM		TRX Circuit	Frank	Functional Training Center
6:00 – 7:15 PM		Volleyball – Instructional	Kypros	Gymnasium
CHILD WATCH 9:00AM-12:00PM	6:05 – 6:55 PM	● Aqua Aerobics	Juliet	Small Pool
	6:30 – 7:30 PM	H.I.I.T	Eric	Group Exercise Studio
	6:15/6:30 – 7:15 PM	Indoor Cycling	Deby	Cycle Studio
	6:30 – 7:30 PM	Hatha Yoga	Wendy	Mind/Body Studio

CONTACT US:
212-912-2607
wsyhealthylifestyles
@ymcanyc.org



@westsideynyc



Adult Community Sports

WEST SIDE Y ROAD RUNNERS CLUB

Mon & Wed
6:30 PM
Lobby

VOLLEYBALL

Wednesdays
6:00 – 10:45 PM
Gymnasium

BASKETBALL

Thursdays
6:00 – 10:00 PM
Gymnasium

PICKLEBALL

Mondays & Thursdays
10:00 AM – 12:30 PM
Gymnasium

OPEN HANDBALL

Tuesdays & Thursdays
4:00 – 7:00 PM
6th Floor Courts

RACQUETBALL CHALLENGE COURT

Mon & Wed
6:00 – 9:00 PM
Courts 3 & 4

SQUASH ROUND ROBIN

Wednesdays
6:00 – 8:00 PM
6th Floor Courts

CHILD WATCH HOURS

Monday-Thursday
9:00AM-12:00PM
5:30PM-7:30PM

Friday
9:00AM-12:00PM

Saturday
9:00AM-2:00PM

Sundays
10:00AM-1:00PM

CONTACT US:

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THURSDAYS

CHILD WATCH
9:00AM-12:00PM

6:00 – 6:45 PM
7:00 – 8:00 AM
9:30 – 10:25 AM
9:30 – 10:30 AM
9:30 – 10:25 AM
10:30 – 11:30 AM
11:00 – 11:30 AM
11:30 – 11:55 AM
11:30 – 12:30 PM
12:00 – 1:00 PM
12/12:15 – 1:00 PM
12:15 – 1:15 PM
12:35 – 1:35 AM
12:35 – 1:25 PM
1:15-2:15 PM
4:00 – 5:15 PM

Indoor Cycling
Total Body Conditioning
Dance Party
Classic Barre®
● **AOA Cardio Conditioning**
● **AOA Sit Fit**
Upper Body Blast
Core Training
● **AOA Stretch**
● **MELT® Core & Length**
Orientation/Indoor Cycling
TRX Circuit
DANCEALATES®:barre
● **Aqua Arthritis**
● **AOA Balance**
● **Restorative Yoga**

Lisa
Jonathan W.
Alet
Jonathan U.
Alexandra Alexandra
Jonathan W.
Jonathan W.
Alexandra Jon
Jonathan W.
Frank
Melissa
Kathy S. Alexandra Stephanie

Cycle Studio
Group Exercise Studio
Mind/Body Studio
2nd Fl. Multipurpose
Group Exercise Studio Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
Mind/Body Studio Group Exercise Studio
Cycle Studio
Functional Training Center
Mind/Body Studio
Small Pool Group Exercise Studio Mind/BodyStudio

CHILD WATCH
5:30PM-7:30PM

6:00 – 7:10 PM
6:05 – 6:55 PM
6:30 – 7:30 PM
6:30 – 7:30 PM
6:30 – 7:30 PM
7:15 – 8:15 PM
7:30 – 9:30 PM
8:00-9:00 PM

Vinyasa Yoga
Aqua Aerobics
Pilates Circuit
Indoor Cycling Connect
Zumba®
● **Nia® Dance**
Jin Sei Ryu Karate
Capoeira

Jorge
Kathy S.
Julie
Erica
Rich
Jayne
Melvin
Professora Misil

Mind/Body Studio
Small Pool
Functional Training Center
Cycle Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
2nd Fl. Multipurpose

FRIDAYS

CHILD WATCH
9:00AM-12:00PM

6:00 – 8:00 AM
7:00-8:00 AM
7:05 – 8:20 AM
7:15 – 8:00 AM
8:05 – 8:55 AM
8:30 – 9:25 AM
9:00 – 10:00 AM
9:30 – 10:25 AM
9:30 – 10:25 AM
10:00 – 10:25 AM
10:30 – 10:55 PM
10:30 – 11:25 AM
10:30 – 11:55 AM
11:00 – 11:55 PM
11:30 – 12:30 PM
12:00 – 1:00 PM
12:05 – 1:05 PM
12:15 – 1:15 PM
12:35 – 1:25 PM
2:00 – 2:45PM
2:50 PM – 3:35 PM
5:15 – 6:00 PM
6:15 – 7:15 PM

Ashtanga Yoga: MYSORE
Circuit Training
● **Vinyasa Yoga**
Indoor Cycling
● **Aqua Arthritis**
Pilates Mat – Advanced
● **AOA Cardio Conditioning**
Barre Workout
Cardio Sculpt
● **AOA Stretch**
Core Training
● **Vinyasa Yoga**
● **Tai Chi – Beginner**
● **MELT®**
● **Meditation**
Pilates Mat
● **Chair Yoga**
TRX H.I.I.T
● **Aqua Arthritis**
● **Zumba® Gold**
● **Stretching**
Family Dance Party
Zumba®

Evan
Lisa
Kathi
Alex
Jacqueline
Jonathan U.
Liz
Kathy S.
Julie
Liz
Kathy S.
Tatiana Arnold/Tom Liz
Tatiana
Melissa
Marci
Eric
Kathy S. Sonia
Sonia
Alet
Alet

Group Exercise Studio
Functional Training Center
Mind/Body Studio
Cycle Studio
Small Pool
Mind/Body Studio
Group Exercise Studio
2nd Fl. Multipurpose
Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
2nd Fl. Multipurpose Mind/Body Studio
Group Exercise Studio
2nd Fl. Multipurpose Mind/Body Studio
Group Exercise Studio
Mind/Body Studio
Functional Training Center
Small Pool
Group Exercise Studio
Group Exercise Studio
Group Exercise Studio
Group Exercise Studio

SATURDAYS

CHILD WATCH
9:00AM-2:00PM

9:00 – 10:25 AM
9/9:15 – 10:00 AM
9:30 – 9:55 AM
10:00 – 10:45 AM
10:00 – 11:00 AM
10/10:15 – 11:00 AM
10:30 – 12:00 PM
11:05 – 11:50 AM
11:05 – 12:05 PM
12:10 – 1:10 PM
12:10 – 1:10 PM
1:15 – 2:45 PM
1:30 – 2:30 PM
3:00 – 4:00 PM

● **Tai Chi – Beginner**
Orientation/Indoor Cycling
Core Training
Circuit Training
Total Body Conditioning
Orientation/Indoor Cycling
Vinyasa Yoga
Indoor Cycling
Afro-Jazz
Pilates Mat – Intermediate
● **MELT®**
Iyengar Yoga
Jin Sei Ryu Self-Defense
● **Feldenkrais Method**

Tom
Court
Jonathan W.
Omar
Brian
Jonathan W.
Jorge
Jonathan W.
Uniqua
Julie
Jon
Richard
Mel
Donna

Mind/Body Studio
Cycle Studio
Group Exercise Studio
Functional Training Center
Group Exercise Studio
Cycling Studio
Mind/Body Studio
Cycle Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Mind/Body Studio
Group Exercise Studio
Mind/Body Studio

SUNDAYS

CHILD WATCH
10:00AM-1:00PM

9/9:15 – 10:00 AM
9:30 – 11:00 AM
10:00 – 11:00 AM
11:00 – 12:00 PM
1:30 – 2:30 PM
4:00 – 5:30 PM

Orientation/Indoor Cycling
Iyengar Yoga
Boot Camp
Total Body Conditioning
Capoeira – Family Friendly!
Vinyasa Yoga

Court
Sarah P.
Jonathan W.
Jonathan W.
Professora Misil
Jorge

Cycle Studio
Mind/Body Studio
Group Exercise Studio
Group Exercise Studio
Group Exercise Studio
Mind/Body Studio

Please note: Classes with ● indicate Active Older Adult classes that all adults are invited to join!

CHILD WATCH

Do you need someone to look after your child while you work out? We're here for you!

Bring your child, ages 1-7, to the YMCA Child Watch Program for a maximum of two hours per day. This is a free service available for adult and family members. Child Watch is located on the 3rd floor. Call 212-912-2607 up to three days prior to sign up.