

MONDAY

6:30am-7:30am

SPIN

Denise
Spin Room

9:00am-9:50am

WATER AEROBICS

Johnnie
Indoor Pool

9:00am-9:50am

SILVER SNEAKERS CLASSIC®

Eleanor
Fitness Studio

10:00am-10:50am

SILVER SNEAKERS CIRCUIT®

Eleanor
Fitness Studio

11:00am-11:50am

SILVER SNEAKERS CLASSIC®

Eleanor
Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q
Indoor Pool

5:30pm-6:20pm

DEEP DEFINITIONS

Stephene
Fitness Studio

6:30pm-7:25pm

SPIN

Stephene
Spin Studio

6:30pm-7:20pm

ZUMBA®

Melissa
Munch Center

6:30pm-7:00pm

CORE TRAINING

Phyllis
Fitness Studio

7:00pm-7:25pm

UPPER BODY BLAST

Phyllis
Fitness Studio

6:30pm-7:20pm

KIDS RESISTANCE TRAINING

Ruthie
MPR

7:30pm-8:20pm

H.I.I.T

Ruthie
Fitness Studio

7:30 pm-8:25pm

SPIN

Stephene
Spin Room

TUESDAY

9:00am-9:50am

WATER AEROBICS

Johnnie
Indoor Pool

9:00am-9:50am

ZUMBA GOLD®

Eleanor
Fitness Studio

10:00am-10:50am

TOTAL BODY CONDITIONING

Chris
Fitness Studio

11:30am-12:20pm

RESTROATIVE YOGA

Liha
Fitness Studio

11:30am-12:20pm

SPIN

Phyllis
Spin Room

12:00pm-12:50pm

SILVER SNEAKERS SPLASH®

Johnnie
Indoor Pool

5:30pm-6:20pm

ZUMBA® STEP

Melissa
Fitness Studio

6:30pm-7:20pm

RESTORATIVE YOGA

Liha
Fitness Studio

7:30pm-8:20pm

CIRCUIT TRAINING

Stephene
Fitness Studio

8:30pm-9:20pm

WATER AEROBICS

Stephene
Indoor Pool

WEDNESDAY

6:30am-7:30am

SPIN

Denise
Spin Room

9:00am-9:50am

WATER AEROBICS

Johnnie
Indoor Pool

9:00am-9:50am

SILVER SNEAKERS YOGA®

Ruthie
Fitness Studio

10:00am-10:50am

SILVER SNEAKERS YOGA®

Ruthie
Fitness Studio

11:00am-11:50am

ZUMBA®

Erika
Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q
Indoor Pool

5:30pm-6:20pm

DEEP DEFINITIONS

Stephene
Fitness Studio

6:30pm-7:20pm

TABATA

ERIKA
Fitness Studio

6:30pm-7:25pm

SPIN

Giselle
Spin Studio

7:30pm-8:20pm

H.I.I.T

Ruthie
Fitness Studio

8:00pm-8:50pm

WATER AEROBICS

Stephene
Indoor Pool

THURSDAY

9:00am-9:50am

WATER AEROBICS

Johnnie
Indoor Pool

9:00am-9:50am

ZUMBA GOLD®

Eleanor
Fitness Studio

10:00am-10:50am

TOTAL BODY CONDITIONING

Chris
Fitness Studio

11:30am-12:20pm

SPIN

Phyllis
Spin Room

12:00pm-12:50pm

SILVER SNEAKERS SPLASH®

Johnnie
Indoor Pool

5:30pm-6:20pm

ZUMBA® STEP

Melissa
Fitness Studio

6:30pm-7:20pm

RESTORATIVE YOGA

Liha
Fitness Studio

7:30pm-8:20pm

CIRCUIT TRAINING

Stephene
Fitness Studio

8:30pm-9:20pm

WATER AEROBICS

Stephene
Indoor Pool

FRIDAY

9:00am-9:50am

WATER AEROBICS

Stephene
Indoor Pool

9:00am-9:50am

SILVER SNEAKERS CLASSIC®

Chris
Fitness Studio

10:00am-10:50am

SILVER SNEAKERS CIRCUIT®

Chris
Fitness Studio

11:00am-11:50am

SILVER SNEAKERS CLASSIC®

Chris
Fitness Studio

12:00pm-12:50pm

WATER AEROBICS

Jon Q
Indoor Pool

SATURDAY

7:30am-8:25am

SPIN

Stephene
Spin Room

8:00am-8:50am

WATER AEROBICS

Ruthie
Indoor Pool-Lanes 1&2

8:30am-9:25am

SPIN

Stephene
Spin Room

9:00am-9:50am

RESTORATIVE YOGA

Liha
Fitness Studio

10:00am-10:50am

ZUMBA®

Melissa
Fitness Studio

11:00-11:50am

TABATA

Erika
Fitness Studio

SUNDAY

11:00am-11:50am

CIRCUIT TRAINING

Ruthie
Fitness Studio

11:00am-11:50am

KIDS ZUMBA®

Ms. Eleanor
MPR

12:00pm-12:50pm

ZUMBA®

Ms. Eleanor
Fitness Studio

12pm-12:50pm

CATCH (Ages 6-12)

Erika
Munch Center
Side B



Castle Hill YMCA

GROUP EXERCISE

WINTER Session Schedule:

February 24 –April 26, 2020

Updated 2.24.2020

Cardio Circuit: This efficient and challenging form of cardio training uses a variety of exercises and workout stations.

Circuit Training: A fast-paced workout that will challenge you with different activity stations. This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall strength.

Core Training: This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

Deep Definitions: Sculpt and define every inch of your body in this strength training class.

H.I.I.T: Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

Restorative Yoga: Avoid burnout and exercise the mind. A yoga class focused on your inner energy and well-being. Calm the body and Mind.

SilverSneakers® Cardio: Get up and go with an aerobics class that's safe, heart-healthy and gentle on the joints. The workouts include easy-to-follow low-impact and upper body strength, abdominal conditioning, stretching and relaxation exercise designed to energize your active lifestyle.

SilverSneakers® Circuit: Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hands-held weights, elastics tubing with handles, and a silver sneakers ball is alternated with low impact choreography. A chair is used for standing support, stretching and relation exercises.

SilverSneakers® Yoga: This class will improve your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of movements. Restorative breathing designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxations will promote stress reduction and mental clarity.

SilverSneakers® Splash: Endurance conditioning. No swimming ability is Required, and a Silver Sneakers kickboard or other aquatics equipment is used to improve strength, balance and coordination.

Spin®: An intense cardio workout of simulated road bike riding to energized music. This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

Tabata: Non-stop action. Tabata is a short 20-second interval followed by 10 seconds of rest. Intervals are stacked in cycles of 8.

Total body Conditioning: A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Water Aerobics: An instructional class of aerobics movements performed in water to improve cardiovascular fitness, and flexibility.

Zumba®: Zumba® takes the "work" out of the workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party.

Zumba® Gold: The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong.

Zumba® Step: Combine the awesome toning and strengthening power of step aerobics, with the fun fitness-party that only Zumba brings to the dance floor.

KIDS GROUP FITNESS CLASSES

Kids Zumba®: Classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.

CATCH®: Coordinated Approach To Child Health. The CATCH kids Club is a recreation program to promote behaviors that assist in developing and maintaining health in school-age children. The primary goal is to promote healthy nutrition and physical activity behavior.

Kids Resistance Training: Structured Physical Activates to build a foundation for a healthy active life. Children will do calisthenics exercises to build strength and flexibility ending with a cool down and meditation.

SOME FRIENDLY REMINDERS

- ◆ Classes meet the needs of all fitness levels and are FREE to all full facility members including teens! Registration is encouraged for emergency and statistical use.
- ◆ Use lockers to store your bags and valuables. They are not allowed on the floor during class.
- ◆ The YMCA is not responsible for lost valuables.
- ◆ Up-to-date class schedules are available online at www.ymcanyc.org/bronx
- ◆ Schedules also available at the Front Desk.
- ◆ All classes require a minimum of 5 attendees in order to run. Classes that do not meet the required minimum are subject to cancellation.
- ◆ After the start time, participants will not be allowed in. This is to protect you from injury.
- ◆ Please respect the class space and do not enter the room if you are not participating in the class.
- ◆ All classes in the studio will accommodate the first 25 participants. Any more participants can be hazardous.
- ◆ Class can be cancelled due to YMCA special events.

GROUP EXERCISE CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE WITHOUT NOTICE