# SPRING I/SESSION 2: 2/24–4/26/20

## ADULT GROUP EXERCISE

**CLASS NAME** | **START TIME** | **END TIME** | **ROOM** | **INSTRUCTOR**
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**MONDAY**
Indoor Cycling | 6:30 AM - 7:15 AM | Spin | Caroline |
Child Watch | 7:45 AM - 9:45 AM | Studio A | Y Staff |
Water Aerobics | 10:00 AM - 10:50 AM | Pool | Maria C. |
Hatha Yoga | 10:00 AM - 10:50 AM | Studio A | Mary |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Silver Sneakers Classic | 11:00 AM - 11:50 AM | Gym | Patricia |
Baby & Me Yoga** | 11:00 AM - 11:50 AM | Studio A | Julia |
Total Body Conditioning | 12:00 PM - 12:50 PM | Gym | Ali |
Zumba® | 6:30 PM - 7:20 PM | Gym | Veronica |
Gentle Flow Yoga | 6:30 PM - 7:30 PM | Studio B | Stefanie |
Total Body Conditioning | 7:25 PM - 8:10 PM | Gym | Veronica |
Indoor Cycling Orientation | 7:15 PM - 7:30 PM | Spin | Caroline |
Meditation | 7:30 PM - 7:45 PM | Studio B | Stefanie |
Indoor Cycling | 7:30 PM - 8:15 PM | Spin | Caroline |
Water Aerobics | 8:05 PM - 8:55 PM | Pool | Anna |
Train Like an Athlete | 8:15 PM - 9:00 PM | Gym | Ali |
Volleyball - Open Gym (w/ Instructor) | 9:05 PM - 11:30 PM | Gym | Dariusz |
**TUESDAY**
Indoor Cycling | 7:00 AM - 7:45 AM | Spin | John |
Vinyasa Yoga | 7:00 AM - 8:00 AM | Studio A | Julia |
Pilates Mat | 10:00 AM - 10:50 AM | Gym | Zoe R. |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Interval Training | 12:00 PM - 12:50 PM | Gym | Jon |
Child Watch | 6:15 PM - 8:30 PM | Studio A | Y Staff |
Shotokan Karate (18+) | 6:30 PM - 7:20 PM | Studio B | Brian |
Boot Camp | 6:40 PM - 7:30 PM | Gym | Ali |
Indoor Cycling Orientation | 6:45 PM - 7:00 PM | Spin | Caroline |
Indoor Cycling | 7:00 PM - 7:45 PM | Spin | Caroline |
Water Aerobics | 7:00 PM - 8:00 PM | Pool | Patricia |
Yoga | 7:45 PM - 8:35 PM | Studio B | Zoe I. |
Basketball League (18+) | 8:00 PM - 11:55 PM | Gym | Fee-based |
**WEDNESDAY**
Indoor Cycling | 6:00 AM - 6:45 AM | Spin | John |
Child Watch | 7:45 AM - 9:45 AM | Studio A | Y Staff |
AOA Strength Training | 9:00 AM - 9:50 AM | Gym | Patricia |
Total Body Conditioning | 10:00 AM - 10:50 AM | Gym | Ali |
Water Aerobics | 10:00 AM - 10:50 AM | Pool | Maria C. |
Power Yoga | 10:00 AM - 10:50 AM | Gym | Jeanette |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Gentle Flow Yoga | 12:00 PM - 12:50 PM | Studio A | Zoe I. |
Indoor Cycling | 12:00 PM - 12:45 PM | Spin | Rebecca |
Baby & Me Yoga** | 1:00 PM - 1:50 PM | Studio A | Julia |
Gentle Yoga | 6:30 PM - 7:20 PM | Studio B | Jeanette |
Kettlebell Circuit | 6:45 PM - 7:20 PM | Gym | Ali |
Indoor Cycling Orientation | 7:15 PM - 7:30 PM | Spin | Caroline |
Indoor Cycling | 7:30 PM - 8:15 PM | Spin | Caroline |
Water Aerobics | 8:05 PM - 8:55 PM | Pool | Anna |
Soccer (18+) - Open Gym | 8:30 PM - 11:55 PM | Gym | Free Play |

## GREENPOINT YMCA

**CLASS NAME** | **START TIME** | **END TIME** | **ROOM** | **INSTRUCTOR**
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**THURSDAY**
Indoor Cycling | 6:15 AM - 7:00 AM | Spin | Rachel |
Vinyasa Yoga | 9:00 AM - 10:00 AM | Studio A | Jeanette |
Pilates Mat | 10:00 AM - 10:50 AM | Gym | Janice K. |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Cardio Kickboxing (Ticket) | 12:00 PM - 12:50 PM | Studio B | Joshua E. |
Pilates Mat | 5:45 PM - 6:35 PM | Gym | Zoe R. |
Child Watch | 6:15 PM - 8:30 PM | Studio A | Y Staff |
Insanity | 6:45 PM - 7:35 PM | Gym | Stephen |
Vinyasa Yoga | 6:45 PM - 7:45 PM | Studio B | Zoe R. |
Water Aerobics | 7:00 PM - 8:00 PM | Pool | Anna |
P90X | 7:45 PM - 8:35 PM | Gym | Stephen |
Basketball - Open Gym (18+) | 8:45 PM - 11:55 PM | Gym | Free Play |
**FRIDAY**
AOA Strength Training | 9:00 AM - 9:50 AM | Gym | Patricia |
Pilates Mat | 10:00 AM - 10:50 AM | Gym | Yasu |
Water Aerobics | 10:00 AM - 10:50 AM | Pool | Maria C. |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Vinyasa Yoga | 11:15 AM - 12:30 PM | Studio A | Zoe R. |
Pi-Yo | 12:00 PM - 12:50 PM | Gym | Stephen |
Baby & Me Yoga** | 1:00 PM - 1:50 PM | Studio A | Julia |
Gentle Yoga | 6:30 PM - 7:30 PM | Studio A | Debby |
Indoor Cycling Orientation | 6:30 PM - 6:45 PM | Spin | Rachel |
Indoor Cycling | 6:45 PM - 7:30 PM | Spin | Rachel |
Tai Chi | Sword | Beginner | 7:30 PM - 8:20 PM | Gym | Maria M. |
Basketball - Open Gym (18+) | 8:30 PM - 11:55 PM | Gym | Free Play |
**SATURDAY**
Indoor Cycling Orientation | 7:45 AM - 8:00 AM | Spin | Rachel |
Indoor Cycling | 8:00 AM - 8:45 AM | Spin | Rachel |
Child Watch | 8:45 AM - 1:15 PM | Studio A | Y Staff |
Gentle Yoga | 9:00 AM - 9:50 AM | Gym | Yasu |
Kettlebells | 10:00 AM - 10:50 AM | Gym | Stephen |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
P90X | 11:00 AM - 11:50 AM | Gym | Stephen |
Shotokan Karate (18+) | 11:00 AM - 11:50 AM | Studio B | Brian |
Pilates Mat | 12:00 PM - 12:50 PM | Gym | Elena |
Basketball - Open Gym (18+) | 8:00 PM - 11:55 PM | Gym | Free Play |
**SUNDAY**
Indoor Cycling Orientation | 8:45 AM - 9:00 AM | Spin | Caroline |
Indoor Cycling | 9:00 AM - 9:45 AM | Spin | Caroline |
Yoga - Intermediate | 9:00 AM - 9:50 AM | Studio A | Adele |
Gentle Yoga | 10:00 AM - 10:50 AM | Studio A | Adele |
Indoor Cycling - Virtual | 10:00 AM - 3:00 PM | Spin | Self |
Pilates Mat | 11:00 AM - 11:50 AM | Gym | Marta |
Bootcamp | 12:00 PM - 12:50 PM | Gym | Jon |
Tai Chi | 1:00 PM - 2:00 PM | Gym | Maria M. |
Basketball - Open Gym (18+) | 6:00 PM - 10:00 PM | Gym | Free Play |

*Schedule changes are noted in red*

**Family Friendly**

*Need Financial Assistance? JUST ASK!*
Please discuss any physical limitations or medical conditions that might affect your workout with the instructor—this includes being new to the class or exercise form. PLEASE ARRIVE TO CLASS ON TIME—latecomers may be denied admittance to class.

ACTIVE OLDER ADULTS

AOA STRENGTH TRAINING  This strength training workout is especially for older adults, or anyone who would like to include a low-intensity, low-impact workout in their fitness plans. ALL LEVELS

SILVER SNEAKERS® CLASSIC  Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support. ALL LEVELS

AQUA FITNESS

WATER AEROBICS  An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility.

CARDIO

CARDIO KICKBOXING  This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout. INTERMEDIATE, Ticket-based class.

INTERVAL TRAINING  High intensity cardio alternated with recovery periods of lower cardio intensity.

INDOOR CYCLING/SPIN® ORIENTATION  Learn appropriate bike settings and body alignment.

INDOOR CYCLING/SPIN®  An intense cardio workout of simulated road bike riding to energizing music.

VIRTUAL INDOOR CYCLING  Self-led class. Customize your workout with Virtual Indoor Cycling. Bring a bottle of water, your playlist, and ride virtually anywhere in the world through our TV screen!

CONDITIONING

BOOT CAMP  A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

INSANITY  Insanity Live! Workout in 3 to 5-minute blocks, and take breaks only long enough to gulp some air and get right back to work. It’s called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits – so your body has to adapt.

KETTLEBELLS  This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

P90X  Power through a full-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work.

STRONG BY ZUMBA®  An overall conditioning workout combining body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TOTAL BODY CONDITIONING  A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

TRAIN LIKE AN ATHLETE  Athletic drills create an intense efficient workout to get your performance and conditioning to the next level.

TRX CIRCUIT  TRX Suspension Training will take your workout to new heights! It’s not just about training harder, it’s about training smarter. Each workout is specifically sequenced to safely and effectively challenge you for real results. ADVANCED. (Ticket-based class).

DANCE

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

FAMILY FRIENDLY

BABY & ME YOGA  A great way to bond with your baby! This class is designed to help new parents gain strength and flexibility, while incorporating baby in the process. It also provides opportunities to build relationships with other new parents.

TOT & ME YOGA  Parents and children playfully move together through poses and songs appropriate for toddlers.

MARTIAL ARTS

SHOTOKAN KARATE (18+)  Shotokan is a karate practice that teaches self defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique. BEGINNER TO ADVANCED

TAI CHI  An ancient form of mind and body exercise that uses purposeful, slow movements in a form of meditation for relaxation, health and self-defense.

TAI CHI – SWORD  An ancient form of mind and body exercise that uses purposeful, slow movements with the use of a sword. BEGINNER

MIND/ BODY

GENTLE YOGA  Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

GENTLE FLOW YOGA  A relaxing style of yoga that is intended to be healing and nurturing for the body.

HATHA YOGA  A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

MEDITATION  Discover inner silence and calm through this introduction to meditation. A variety of techniques will be experienced during classes, designed to relax and re-calibrate the mind.

PIATES MAT  Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

PIYO™  PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

POWER YOGA  An athletic-based yoga class with challenging movements. ADVANCED.

YOGA  A type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

VINAYASA YOGA  Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

SPORTS

BASKETBALL LEAGUE (SEASONAL)  A seasonal registration based league, games are full court 18+ in a fun, competitive atmosphere. ALL LEVELS

OPEN GYM – SOCCER  A great time to play indoor soccer in a positive active environment. ALL LEVELS

OPEN GYM – VOLLEYBALL (WITH INSTRUCTOR)  Play the game of volleyball with access to an onsite instructor for any questions on technique in a non-competitive fun atmosphere. ALL LEVELS

Y FIT START FITNESS PROGRAM  Our Y Fit Start program will support you in building a regular exercise routine by starting slowly, setting realistic goals and figuring out what works best for you. The Y Fit program is 12 weeks of individual exercise designed for new and returning exercisers. During the 12 weeks, you will have four (4) appointments with a Y Fit Coach to provide you with personal attention and extra motivation to help keep you on track. We’re committed to supporting you, and best of all, it’s all free with membership. REGISTER AT THE FRONT DESK!