

# SOUTH SHORE YMCA GROUP EXERCISE SCHEDULE MONDAY, MARCH 16

Class	Time	Instructor	Location
Indoor Cycling	5:15am	Sarah	Studio
Cycle & Sculpt	7:00am	Mai	Studio
Yoga	8:30am	Irina	Studio
Indoor Cycling	9:30am	Cindy	Studio
Total Body	9:30am	Consuelo	Gym
Chair Yoga/Stretch	10:30am	Marjorie	Studio
Silver Sneakers Classic	11:30am	Marjorie	Studio
AOA Cardio/Weights	11:30am	Valerie	Gym
Cycle & Upper Body	5:30pm	Angelo	Studio
Total Body	7:30pm	Brian T.	Studio
Zumba®	7:30pm	Gina	Gym
Indoor Cycling	8:30pm	Heather	Studio

## POOL SCHEDULE

The Pool will be open 5am-10:30pm. At least one lane will be open for Lap Swim.

Family Swim will run 9:30am-7:30pm.

Children's Swimming Lessons will run 3:30pm-7:30pm.

Aqua Exercise classes will run 7:30pm-8:30pm.

Swim Team Group will run 9am-11am and 7:30pm-9:30pm.

All Youth Programming will run their usual schedule.

Child Watch is open with their scheduled hours.

Please continue to check our website, mobile app and social media for class schedules.



**YMCA OF GREATER  
NEW YORK**

Where there's a Y,  
there's a way.