

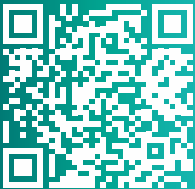


**McBurney
YMCA**

**GROUP
EXERCISE
SCHEDULE
Effective
3.29.2021**

Download our mobile app for the most updated information:
<https://ymcany.org/mobile-app>

Schedules online:



Contact Us:
(212) 912-2322
diazj@ymcany.org



@mcburneyymca

TUESDAY

9:00am - 9:45am	HIIT & Core	Shannon S.	Gym B	Open
10:15am - 11:00am	Stretch & Release	Shannon S.	Gym B	Open
4:00pm - 4:45pm	Hatha Yoga	Theresa H.	Gym B	Open
6:15pm - 7:00pm	Train Like An Athlete	Josue C.	Gym A/B	Advance

THURSDAY

10:30am-11:15am	Gentle Yoga	Theresa H.	Gym B	Open
11:45am-12:30pm	Pilates Mat	Theresa H.	Gym B	Open
6:30pm - 7:15pm	Zumba	Shannon S.	Gym B	Open

SATURDAY

9:00am - 9:45am	Step	Maddie M.	Gym B	Open
10:00am - 10:45am	Interval Training	Josue C.	Gym A	Int / Adv
11:15am - 12:00pm	Interval Cardio SCULPT	Maddie M.	Gym A	Open

Welcome back! Together we can keep the Y healthy and clean. We ask that you do your part by cooperating with the following:

- Reservations are required for participation in group exercise classes. Reservations open 48 hours in advance of the class.
 - Please make a reservation using the Y's mobile app.
 - Bring your own towel, mat, and filled water bottle.
 - Practice social distancing and wear your mask at all times.
 - Arrive at the class check-in area no more than 15 minutes prior to the class start time. You will be assigned a spot at check-in. Members arriving past the start time of the class will forfeit their spot in the class.
 - Follow the floor markings to check into the class and while participating in the class.
 - After the class, place any equipment provided by the Y in designated areas for cleaning.
 - Please cancel your reservations at least 4 hours in advance in order for another member to take the class. Members who cancel in less than 4 hours or do not show for their reservation will have their access to reservations limited.
 - Use lockers to store personal items and remember your lock.
- Your cooperation is greatly appreciated to ensure a healthy and welcoming environment for all. If you have any questions, please stop by member services.
- Check the back of this page for descriptions of our classes!

Gentle Yoga

Designed to teach basic yoga postures, increase flexibility, strength, balance, and relaxation. This class is calming and therapeutic and introduces postures and breathing techniques that gradually build strength and flexibility. You will feel like new!

Hatha Yoga

This style is designed to revitalize the body through a series of classical Hatha postures. Hatha emphasizes fluid movement, deep breathing, and proper body alignment followed by a period of deep relaxation and meditation.

Interval Cardio SCULPT

This class is designed to target all of your major muscle groups through strength training. This class utilizes equipment including weights, resistance bands, and body bars.

Interval Training

Supercharge your fitness with this challenging class of High Intensity Interval Training. You will burn calories, build strength, increase power, and improve speed with a highly efficient and effective workout.

Pilates Mat

This class takes you through a series of Pilates exercises to achieve long lean muscles, develop strength and flexibility, and promote overall body awareness.

Step

An aerobic class performed on a raised platform that challenges the participant's cardiovascular system and lower body. This is a choreographed step routine of medium to high intensity for the advanced stepper, frequent exerciser, or experienced dancer. However, all levels are welcome and modifications are modeled.

Stretch & Release

A series of gentle full body stretches designed for all fitness levels.

Train Like an Athlete

Train like an athlete with interval training that draws on boxing, basketball, and football conditioning drills. High intensity workout for those looking to take their fitness to a whole new level.

Zumba®

A fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body.