



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT GROUP EXERCISE

SUMMER FITNESS AT DOMINO PARK 5/31-9/8

Date	Day	Start Time	End Time	YMCA Fitness Class	Instructor
31-May	Monday	9:00 AM	- 9:45 AM	Core Conditioning	Rebecca B
2-Jun	Wednesday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
7-Jun	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Zoe R.
9-Jun	Wednesday	9:00 AM	- 9:45 AM	Cardio Strength Training	Jon C.
14-Jun	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Zoe R.
16-Jun	Wednesday	9:00 AM	- 9:45 AM	Cardio Strength Training	Jon C.
21-Jun	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Zoe R.
23-Jun	Wednesday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Stefanie M.
28-Jun	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Zoe R.
30-Jun	Wednesday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Stefanie M.
5-Jul	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Stefanie M.
7-Jul	Wednesday	9:00 AM	- 9:45 AM	Hatha Yoga	Adele L.
12-Jul	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Stefanie M.
14-Jul	Wednesday	9:00 AM	- 9:45 AM	Hatha Yoga	Adele L.
19-Jul	Monday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
21-Jul	Wednesday	9:00 AM	- 9:45 AM	Hatha Yoga	Adele L.
26-Jul	Monday	9:00 AM	- 9:45 AM	Core Conditioning	Rebecca B.
28-Jul	Wednesday	9:00 AM	- 9:45 AM	Hatha Yoga	Adele L.
2-Aug	Monday	9:00 AM	- 9:45 AM	Vinyasa Yoga (open level)	Stefanie M.
4-Aug	Wednesday	9:00 AM	- 9:45 AM	Core Conditioning	Rebecca B.
9-Aug	Monday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.
11-Aug	Wednesday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
16-Aug	Monday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.
18-Aug	Wednesday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
23-Aug	Monday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.
25-Aug	Wednesday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
30-Aug	Monday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.
1-Sep	Wednesday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.
6-Sep	Monday	9:00 AM	- 9:45 AM	Circuit Training	Carlos R.
8-Sep	Wednesday	9:00 AM	- 9:45 AM	Zumba®	Veronica C.

- Group ex classes for adults 18+ are FREE and open to the community.
- Reservations are required on the YMCA Mobile App to participate.
- Go to ymcanyc.org/app or search YMCA of Greater New York in your device's app store to download the Y's mobile app.
- Participants will need a mat, water, and appropriate workout attire and sneakers. In some classes, light to medium resistance bands will be used.
- Group ex classes take place at Domino Park (Flex Field), 300 Kent Ave., Bklyn, NY 11249



as of 5.27.21

FAMILY PROGRAMMING

SUMMER READ & SING AT DOMINO PARK 5/30-9/5

Date	Day	Start Time	End Time	Activity	Instructor	Author
30-May	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Eric Litwin
6-Jun	Sunday	10:00 AM	10:45 AM	Read & Sing	Sandra N.	Eric Carle
13-Jun	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Dr. Seuss
20-Jun	Sunday	10:00 AM	10:45 AM	Read & Sing	Sandra N.	David Shannon
27-Jun	Sunday	10:00 AM	10:45 AM	Read & Sing	Jessica M.	Mo Willems
11-Jul	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Julia Donaldson
18-Jul	Sunday	10:00 AM	10:45 AM	Read & Sing	Sandra N.	Leo Lionni
25-Jul	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Anna Dewdney
1-Aug	Sunday	10:00 AM	10:45 AM	Read & Sing	Sandra N.	Ezra Jack Keats
8-Aug	Sunday	10:00 AM	10:45 AM	Read & Sing	Jessica M.	Marcus Pfister
15-Aug	Sunday	10:00 AM	10:45 AM	Read & Sing	Sandra N.	Jan Peck
22-Aug	Sunday	10:00 AM	10:45 AM	Read & Sing	Jessica M.	Oliver Jeffers
29-Aug	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Dinosaurs
5-Sep	Sunday	10:00 AM	10:45 AM	Read & Sing	Linda L.	Ocean

- There will be no "Read & Sing" on July 4th.
- Family "Read & Sing" for families with children ages 1-6 are FREE and open to the community.
- Reservations are required on the YMCA Mobile App to participate.
- Go to ymcanc.org/app or search YMCA of Greater New York in your device's app store to download the Y's mobile app.
- Participants may bring a blanket and water.
- Family "Read & Sing" takes place at Domino Park (lawn next to the playground), 300 Kent Ave., Bklyn, NY 11249.

