



**McBurney
YMCA**

**GROUP
EXERCISE
SCHEDULE
Effective
6.28.2021**

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

Schedules online:



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

  
[@mcburneyymca](https://www.instagram.com/mcburneyymca)

MONDAY

10:30am-11:15am Water Aerobics Kathy S. Pool Open

TUESDAY

7:00am - 7:45am Hatha Yoga Joelle N. Studio 1 Open

10:15am - 11:00am Stretch & Release Shannon S. Studio 1 Open

11:15am - 12:00pm Barre Workout Shannon S. Studio 1 Open

4:00pm - 4:45pm Hatha Yoga Theresa H. Studio 1 Open

6:15pm - 7:00pm Train Like An Athlete Josue C. Gym A/B Advance

WEDNESDAY

10:30am-11:15am Water Aerobics Ron P. Pool Open

THURSDAY

10:30am-11:15am Gentle Yoga Theresa H. Studio 1 Open

11:30am-12:15pm Pilates Mat Theresa H. Studio 1 Open

6:30pm - 7:15pm Zumba Jorge C. Gym B Open

SATURDAY

9:00am - 9:45am Vinyasa Yoga Joelle Studio 1 Open

10:00am - 10:45am Interval Training Josue C. Gym B Int / Adv

- 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.

Water Aerobics

A cardiovascular water exercise class for men and women of all ages. This low-impact program offers a variety of exercise moves, including jumping jacks, cross country skiing, running, and sprints. Water dumbbells and noodles are used during the workout for added resistance and intensity. A refreshing way to improve cardiovascular and muscular function without impact on the joints.

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.

Barre

This inspired ballet barre class will sculpt, strengthen, and elongate your major muscle groups. All levels welcome and no dance experience necessary. Light weights, stability balls, and body bars may be included.

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.