



Jamaica YMCA

GROUP EXERCISE SCHEDULE Effective 9.28.2021

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

***VACCINATIONS
REQUIRED FOR
ALL ACTIVITIES**

Contact Us:
(718) 739-6600



@Jamaicaymca

MONDAY

1:00pm – 2:00pm	Low Impact Cardio	Jewel	Mills Gym
2:00pm – 3:00pm	Low Impact Cardio	Jewel	Mills Gym
6:00 pm-7:00pm	Walk & Run	Mo	Main Gym

TUESDAY

7:00am-7:45am	Silver Sneakers	Jewel	Mills Gym
12:00pm-1:00pm	Zumba®	Tina	Mills Gym

WEDNESDAY

5:00pm-6:00pm	Spin	Gabriella	Studio A
6:00 pm-7:00pm	Walk & Run	Mo	Mills Gym

THURSDAY

9:00am – 9:45am	Dance it out (1 st &last)	Samantha	Mills Gym
6:45 pm-7:45pm	Zumba	Sophia	Mills Gym

FRIDAY

4:00pm-5:00pm	Spin	Gabriela	Studio A
7:30pm-8:30pm	Aqua Zumba®	Shannon S.	Mills Gym

SATURDAY

12:00pm-1:00pm	Zumba®	Tina	Mills Gym
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CLASS DESCRIPTIONS

Low Impact Cardio - Get a cardio challenge with minimal impact on bone and joints. *Beginner to intermediate.*

Silver Sneakers®- Cardio/Low Impact - Get Up & Go with an aerobics class, safe, heart-healthy, and gentle on the joints. The workout includes easy-to-follow low-impact movement, and upper-body strength, abdominal conditioning, stretching, and relaxation exercises designed to energize your active lifestyle. *Beginner.*

Spin - An intense cardio workout of simulated road bike riding to energizing music.

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. *Beginner to intermediate.*