

GROUP EXERCISE CLASSES FALL 2021

MON

TUES

WED

THURS

FRI

MON	TUES	WED	THURS	FRI
			9:15AM-10:00AM INDOOR CYCLING with Jonathan in the Gym (reservations required)	
10:00AM-11:00AM HATHA YOGA with Jorge in the Mind Body Studio	10:00-11:00AM TOTAL BODY CONDITIONING with Jonathan in the Gym	10:00AM-11:00AM AOA CARDIO & STRENGTH TRAINING with Alexandra in the Mind Body Studio		
	12:15-1:00PM INDOOR CYCLING with Jonathan in the Gym (reservations required)	12:00-1:00PM PILATES MAT with Melissa in the Gym	12:00-1:00PM DANCEALATES®: Total Body with Melissa in the Gym	
6:00PM-7:00PM BOOT CAMP with Emily in the Gym			6:00PM-7:00PM VINYASA YOGA with Jorge in the Mind Body Studio	
		7:00PM-8:00PM ZUMBA with Bobby in the Mind Body Studio		

Group Ex Classes

- All classes are included with membership.
- Reservations are only required for indoor cycling classes. Download the mobile app: ymcanyc.org/mobile-app
- Bring a towel, water bottle, and any other equipment you need
- Please follow our Code of Conduct.

