



McBurney
YMCA

GROUP
EXERCISE
SCHEDULE
Effective
10.12.2021

Download our mobile
app for the most
updated information:
[https://ymcanyc.org/
mobile-app](https://ymcanyc.org/mobile-app)

Schedules online:



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MONDAY

	10:00am-10:45am	AOA Gentle Yoga	Joelle N.	Studio 2	Open
UPDATE	10:45am-11:30am	Water Aerobics	KJ	Pool	Open
UPDATE	11:45pm-12:30pm	Total Body Conditioning	Leslie H.	Studio 2	Open
NEW	6:00pm-6:45pm	GROOVE	Leslie H.	Studio 2	Open

TUESDAY

	7:00am - 7:45am	Hatha Yoga	Joelle N.	Studio 2	Open
	10:00am - 10:45am	AOA Cardio Conditioning	Huma M.	Studio 2	Open
	11:30am-12:15pm	Stretch & Release	Shannon S.	Studio 2	Open
	1:00pm-1:45pm	Pilates Mat	Theresa H.	Studio 2	Open
	2:00pm-2:45pm	Hatha Yoga	Theresa H.	Studio 2	Open
	6:15pm - 7:00pm	Train Like An Athlete	Josue C.	Gym A/B	Advance

WEDNESDAY

	7:00am - 7:45am	Vinyasa Yoga	Karen B	Studio 2	Open
	9:00AM-9:45AM	Core & Strength Training	Ron P.	Studio 2	Open
	10:30am-11:15am	Water Aerobics	Ron P.	Pool	Open
	11:30am-12:15pm	AOA Chair Yoga	Theresa H.	Studio 2	Open
NEW	5:30pm-6:15pm	Classical Ballet	Lori	Studio 2	Open

THURSDAY

	10:30am-11:15am	Gentle Yoga	Theresa H.	Studio 2	Open
	11:30am-12:15pm	Pilates Mat	Theresa H.	Studio 2	Open
	12:30-1:15PM	Water Aerobics	Ron P.	Pool	Open
	1:30pm-2:15pm	Stretch & Release	Shannon S.	Studio 2	Open
	6:30pm - 7:15pm	Zumba	Jorge C.	Gym B	Open
NEW	6:45pm - 7:30pm	AOA Hatha Yoga	Karen B.	Studio 2	Open

FRIDAY

	9:00am - 9:45am	AOA Stretch & Release	Karen B.	Studio 2	Open
	1:30pm-2:15pm	Interval Cardio SCULPT	Shannon S.	Studio 2	Open
NEW	5:15pm - 6:00pm	Ballet Barre	Makiko S.	Studio 1	Open

SATURDAY

	9:00am - 9:45am	Vinyasa Yoga	Karen B.	Studio 2	Open
	10:00am - 10:45am	Interval Training	Josue C.	Gym B	Int / Adv
	12:00pm-12:45pm	Ballet Barre	Makiko S.	Studio 1	Open