

GROUP EXERCISE

Northeast Bronx - October 2021



MON

TUES

WED

THURS

FRI

SAT

SUN

					9:00am-10:00am Cardio Core Carlos, Studio 3	
12:30pm-1:20pm AOA Aerobics Chris Studio 3	10:00-11:00am Water Aerobics* Willy, Activity Pool		10:00-11:00am Water Aerobics* Willy, Activity Pool	12:30pm-1:20pm AOA Aerobics Chris Studio 3	9:30am-10:20am Pilates Ranya Mind Body Studio	9:30am-10:20am Spin Cindy Cycling Studio Starting Oct 10th
6:45pm-7:30pm Cardio Circuit Carlos, Studio 3		6:30-7:10pm Zumba Marylin, Studio 3		6:20pm-7:10pm Total Body Conditioning Chris Studio 3	10:30-11:20am Yoga Ranya Mind Body Studio	10:30-11:20am Tabata Cindy, Studio 3
7:15-8:05pm Zumba Gold Elenore Mind Body Studio		7:20-8:10pm Aqua Zumba Activity Pool	7:00-8:00pm Boot Camp Carlos, Studio 3	7:15-8:05pm Family Zumba Elenore Studio 3		

Download the mobile app and join our Facebook page for schedules and important branch information
ymcanyc.org/mobile-app

Facility Closes at 8:30pm

GROUP EXERCISE

CLASS DESCRIPTIONS

Aqua Zumba - Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body toning, and most of all, exhilarating beyond belief!

Cardio & Core - Combine the fantastic cardio workout with core exercises that defines, strengthens, and stabilizes your torso.

Boot Camp - Workout in 3 to 5 minute blocks, and take breaks only long enough to gulp some air and get right back to work. It's called Max Interval Training, because it keeps your body working at maximum capacity through your entire workout. You keep pushing your limits so your body has to adapt.

Iyengar Yoga - A form of yoga known for precision, alignment and focus on individual postures and their benefits.

Pilates Mat - Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, help prevent injury and build strength and flexibility.

Total Body Conditioning - A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Vinyasa Yoga - Flowing sequences of yoga poses linked together with an emphasis on breathing techniques.

Water Aerobics - An instructional class of aerobic movements performed in the water to improve cardiovascular fitness and flexibility.

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.

AOA Aerobics - The ideal beginning exercise class for individuals with arthritis and active older adults. The class can be done from a chair or standing position and will increase your strength and balance.

WE CAN'T WAIT TO SEE YOU IN CLASS!