



# HARLEM YMCA GROUP EX SCHEDULE

2022 SESSION 221 | JANUARY 3-FEBRUARY 27

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM						GYM OPENS AT 8:00 AM	GYM OPENS AT 8:00 AM
7:00 AM							
7:30 AM	Ashtanga Yoga (Jason) 7:30-8:30 AM Studio 1		Spin (Caroline) 6:45 - 7:45 AM Spin Studio		Sunrise Yoga (Pepper) 7:30-8:30 AM Studio 1		
8:00 AM			Ashtanga Yoga (Pepper) 7:30-8:30 AM Studio 1				
8:30 AM	Aqua Aerobics (Phyllis) 8:30-9:30 AM Pool					Aqua Aerobics (Phyllis) 8:30-9:30 AM Pool	
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM	Mat Pilates (Ireen) 10:30-11:30 AM Studio 1				Mat Pilates (Ireen) 10:30-11:30 AM Studio 1		Spin Orientation (Bryan) 10:30-10:45 AM Spin Studio
11:00 AM							Spin (Bryan) 10:45-11:30 AM Spin Studio
11:30 AM		Stretching (Ireen) 11:30AM-12:30 PM Studio 1		Stretching (Ireen) 11:30AM-12:30 PM Studio 1		Mat Pilates (Mike) 11:30 AM-12:30 PM Studio 1	Vinyasa Yoga Pepper) 11:30 AM-12:30 PM Studio 1
12:00 PM							Total Body(Caroline) 11:45 AM-12:45 PM Little Theater
12:30 PM	Chair Yoga (Jason) 12:30-1:30 PM Studio 1				Chair Yoga (Jason) 12:30-1:30 PM	Dancealates (Mike) 12:30-1:30 PM Studio 1	Mat Pilates (Ireen) 12:30-1:30 PM Studio 1
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
5:30 PM		Dancealates (Mike) 5-6 PM Studio 1	Spin Orientation (Bryan) 5:30 - 5:45 PM Spin Studio	Dancealates (Mike) 5-6 PM Studio 1	Spin (Caroline) 5:30-6:30 PM Spin Studio		
6:00 PM	Insanity (Phyllis) 6:00-7:00 PM Gym		Spin (Bryan) 5:45 - 6:30 PM Spin Studio				
6:30 PM		Strong Nation (Melissa) 6:15 - 7:15 PM Spin Studio		Meridian Yoga (Pepper) 6:30-7:30 PM Studio 1	Vinyasa Yoga (Pepper) 6:30-7:30 PM Studio 1		
7:00 PM	Power Step (Phyllis) 7:15-8:00 PM Gym	Vinyasa Yoga (Jason) 6:30-7:30 PM Studio 1	Total Body (Bryan) 6:30-7:30 PM Little Theater	Total Body (Caroline) 6:45-7:45 PM Little Theater			
7:30 PM							
8:00 PM							

**GYM CLOSING**

**NEW! App reservations are now required for all group ex classes. Please scan code to install the Y APP.**

