



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			Spin (Caroline) 6:45-7:45AM Spin Studio					
7:30 AM	Ashtanga Yoga (Jason) 7:30-8:30AM Studio 1		Ashtanga Yoga (Pepper) 7:30-8:30AM Studio 1		Sunrise Yoga (Pepper) 7:30-8:30AM Studio 1			
8:00 AM						Aqua Aerobics (Phyllis) 8:30-9:30AM Pool		
8:30 AM	Aqua Aerobics (Phyllis) 8:30-9:30AM Pool							
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM	Mat Pilates (Ireen) 10:30-11:30AM Studio 1				Mat Pilates (Ireen) 10:30-11:30AM Studio 1		Spin Orientation (Bryan) 10:30-10:45AM Spin Studio	
11:00 AM								
11:30 AM		Stretching (Ireen) 11:30AM-12:30PM Studio 1		Stretching (Ireen) 11:30AM-12:30PM Studio 1		Mat Pilates (Mike) 11:30 AM-12:30PM Studio 1	Vinyasa Yoga Pepper) 11:30 AM-12:30PM Studio 1	Spin (Bryan) 10:45-11:30AM Spin Studio
12:00 PM								
12:30 PM	Chair Yoga (Jason) 12:30-1:30PM Studio 1				Chair Yoga (Jason) 12:30-1:30PM Studio 1	Dancealates (Mike) 12:30-1:30PM Studio 1	Mat Pilates (Ireen) 12:30-1:30PM Studio 1	Total Body (Caroline) 11:45 AM-12:45PM Little Theater
1:00 PM								
2:00 PM								
3:00 PM								
4:00 PM						GYM CLOSING AT 3:00 PM	GYM CLOSING AT 3:00 PM	
5:00 PM		Dancealates (Mike) 5-6 PM Studio 1		Dancealates (Mike) 5-6PM Studio 1				
5:30 PM		Spin Orientation (Bryan) 5:30-5:45PM Spin Studio		Spin (Caroline) 5:30-6:30PM Spin Studio	Strong30 (Melissa) 5:30-6:30PM Little Theatre			
6:00 PM	Insanity (Phyllis) 6:00-7:00PM Gym		Spin (Bryan) 5:45-6:30PM Spin Studio					
6:30 PM	Vinyasa Yoga (Jason) 6:30-7:30PM Studio 1	Strong Nation (Melissa) 6:15-7:15PM Spin Studio		Meridian Yoga (Pepper) 6:30-7:30 PM Studio 1	Vinyasa Yoga (Pepper) 6:30-7:30PM Studio 1			
7:00 PM	Power Step (Phyllis) 7:15-8:00PM Gym		Total Body (Bryan) 6:30-7:30PM Little Theater	Total Body (Caroline) 6:45-7:45PM Little Theater				
7:30 PM								
8:00 PM								

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