

# GROUP EXERCISE

Northeast Bronx Spring 2022



MON	TUES	WED	THURS	FRI	SAT	SUN
9:00am-10:00am Cardio Kickboxing Eric Studio 3	9:00am-10:00am Vinyasa Yoga Ashley, Mind Body Studio	9:00am-9:50am Step and Sculpt Eric, Studio 3	9:00am-10:00am Pilates Mat Ashley, Mind Body Studio	10:00-11:00am <b>Water Aerobics*</b> Willy, Activity Pool	9:00am-10:00am Cardio Core Carlos, Studio 3	9:30am-10:20am Spin Cindy Cycling Studio
12:30pm-1:20pm AOA Chair Aerobics Chris Studio 3	10:00-11:00am <b>Water Aerobics*</b> Willy, Activity Pool	10-10:50am AOA Move and Groove Eric, Studio 3	10:00-11:00am <b>Water Aerobics*</b> Willy, Activity Pool	12:30pm-1:20pm AOA Chair Aerobics Chris, Studio 3	9:30am-10:20am Pilates Mat Ashley Mind Body Studio	10:30-11:20am Tabata Cindy, Studio 3
1:30pm-2:20pm Zumba Gold Elenore, Studio 3				1:30pm-2:20pm Zumba Gold Elenore, Studio 3	10:30-11:20am Yoga Ashley Mind Body Studio	
6:10pm-7:10pm Cardio Circuit Carlos, Studio 3	6:30pm-7:20pm Spin Andrey, Cycling Studio	6:30-7:10pm Zumba Marylin, Studio 3	7:00-8:00pm Boot Camp Carlos, Studio 3	6:20pm-7:10pm Total Body Conditioning Chris, Studio 3		
7:15pm-8:05pm Wuk It Out! Theresa, Mind Body Studio	7:30pm-8:30pm Servin Stiletto Kai, Studio 3	7:20-8:10pm Aqua Zumba Activity Pool	8:00pm-8:30pm Gut Buster Carlos, Studio 3	7:15pm-8:05pm Family Cardio Dance Party Theresa, Studio 3		

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**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.

**Wuk It Out!** - High energy fusion of calypso, reggaeton and hip-hop dance cardio workout.

**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 Chair 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.

**Step and Sculpt** - Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge.

**AOA Move and Groove** - Dance your way to fitness with this low impact cardio class that will help you get fit while you get your groove on.

**Gut Buster** - This class of core exercises defines, strengthens, and stabilizes your torso

**Family Dance Party** - A time for Families with children ages 6 and up to come and get the groove on while sweating it out to party beats. Please note safety is our number one priority if your child has difficulty with remaining engaged this class will not be a good fit.

**Servin' Stilettos** - Embrace your body and your femininity in the most Body Positive way, in this danced-based endurance and strength training workout done while wearing HEELS. So bring your own 2-4inch heels and come to class ready to SWEAT and SERVE!