



FLUSHING YMCA

GROUP EXERCISE SCHEDULE

as of 04.03.2022

Download our mobile app for the most updated info
<https://ymcanyc.org/mobile-app>

View our schedules online:



@flushingymca

Mon	8:00 AM - 8:50 AM	HIIT	Rolando	Yoga Studio
	9:00 AM - 9:50 AM	Silver Sneakers*	Angela	Gymnasium
	10:00 AM - 10:50 AM	Chair Yoga	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers*	Angela	Gymnasium
	5:00 PM - 5:50 PM	POUND	Yishan	Yoga Studio
	6:00 PM - 6:50 PM	Zumba	Marylin	Dance Studio

Tues	8:00 AM - 8:50 AM	Yoga	Mike	Yoga Studio
	9:00 AM - 9:50 AM	Total Body Conditioning	Angela	TRX Studio
	9:00 AM - 9:50 AM	Silver Sneakers*	Ranya	Gymnasium
	10:00 AM - 10:50 AM	Chair Yoga	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers*	Angela	Gymnasium
	7:00 PM - 7:50 PM	Spin	Liz	Spin Studio

Wed	8:00 AM - 8:50 AM	Spin	Ilda	Spin Studio
	10:00 AM - 10:50 AM	Tai Chi	Joan	Dance Studio
	11:00 AM - 11:50 AM	Adv Tai Chi	Joan	Dance Studio
	6:00 PM - 6:50 PM	Zumba	Lina	Dance Studio

Thurs	9:00 AM - 9:50 AM	Silver Sneakers*	Ranya	Gymnasium
	10:00 AM - 10:50 AM	Zumba	Lina	Yoga Studio
	10:00 AM - 10:50 AM	Chair Yoga	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers*	Ranya	Gymnasium
	6:00 PM - 6:50 PM	Spin	Ilda	Spin Studio

Fri	9:00 AM - 9:50 AM	Kickboxing	Rolando	TRX Studio
	6:00 PM - 6:50 PM	Zumba	Lina	Dance Studio
	7:00 PM - 7:50 PM	Total Body Conditioning	Jonathan	TRX Studio

Sat	9:00 AM - 9:50 AM	Yoga	Ranya	Yoga Studio
	11:00 AM - 11:50 AM	Tai Chi	Joan	Yoga Studio
	12:00 PM - 12:50 PM	Insanity	Mariel	Yoga Studio
	1:00 PM - 1:50 PM	PiYo	Mariel	Yoga Studio

Sun	10:00 AM - 10:50 AM	Zumba	Lina	Dance Studio
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Registration required for Silver Sneakers Classes

Room Locations	Yoga Studio	Ground Floor	Near Membership Desk
	Spin Studio	2 nd Floor	Weight Room Area
	Dance Studio	2 nd Floor	Near Ping Pong Room
	TRX Studio	2 nd Floor	Near Ping Pong Room
	Gymnasium	2 nd Floor	Basketball Court