



ADULT GROUP EX & SPORTS

Spring II | Session 3 | May 2 - June 26, 2022

as of 4.7.22

GROUP FITNESS

| CLASSES | DAY | START TIME | END TIME | ROOM | INSTRUCTOR | MEMBER RATE | |
|--------------------------|-------|---------------------|----------|----------|-------------|--------------------|------------|
| MONDAY | | | | | | | |
| Core Conditioning | Mon | 10:00 AM - 10:50 AM | | Gym | Rebecca B. | Free W/ Membership | -- |
| Water Aerobics | Mon | 10:30 AM - 11:20 AM | | Pool | Maria C. | Free W/ Membership | NEW |
| Strength Training | Mon | 6:30 PM - 7:20 PM | | Gym | Ali A. | Free W/ Membership | -- |
| TUESDAY | | | | | | | |
| AOA Silver Sneakers | Tues | 9:00 AM - 9:50 AM | | Studio A | Patricia S. | Free W/ Membership | -- |
| Gentle Yoga | Tues | 10:00 AM - 10:50 AM | | Gym | Stefanie M. | Free W/ Membership | -- |
| Circuit Training | Tues | 6:30 PM - 7:20 PM | | Gym | Carlos R. | Free W/ Membership | -- |
| Kettlebells | Tues | 6:30 PM - 7:20 PM | | Studio A | Mark | Free W/ Membership | NEW |
| WEDNESDAY | | | | | | | |
| Morning Yoga | Wed | 7:00 AM - 7:50 AM | | Studio A | Ginna H. | Free W/ Membership | NEW |
| Core Conditioning | Wed | 10:00 AM - 10:50 AM | | Gym | Maddie M. | Free W/ Membership | -- |
| Water Aerobics | Wed | 10:30 AM - 11:20 AM | | Pool | Maria C. | Free W/ Membership | -- |
| Mat Pilates | Wed | 12:00 PM - 12:50 PM | | Gym | Anna | Free W/ Membership | -- |
| Vinyasa Yoga | Wed | 6:30 PM - 7:20 PM | | Gym | Stefanie M. | Free W/ Membership | -- |
| THURSDAY | | | | | | | |
| Zumba® Gold | Thurs | 9:00 AM - 9:50 AM | | Gym | Veronica C. | Free W/ Membership | NEW |
| Water Aerobics | Thurs | 10:30 AM - 11:20 AM | | Pool | Maria C. | Free W/ Membership | -- |
| Cardio Strength Training | Thurs | 12:00 PM - 12:50 PM | | Studio A | Jon C. | Free W/ Membership | NEW |
| Boot Camp | Thurs | 6:30 PM - 7:20 PM | | Gym | Mark | Free W/ Membership | NEW |
| FRIDAY | | | | | | | |
| Total Body Conditioning | Fri | 10:00 AM - 10:50 AM | | Gym | Ali A. | Free W/ Membership | -- |
| Morning Yoga | Fri | 11:00 AM - 11:50 AM | | Gym | Ginna H. | Free W/ Membership | -- |
| SATURDAY | | | | | | | |
| Morning Yoga | Sat | 8:00 AM - 8:50 AM | | Gym | Ginna | Free W/ Membership | -- |
| Total Body Conditioning | Sat | 9:00 AM - 10:00 AM | | Gym | Heidi E. | Free W/ Membership | NEW |
| Circuit Training | Sat | 1:00 PM - 1:50 PM | | Gym | Carlos R. | Free W/ Membership | -- |

ADULT SPORTS (Ages 18+)

| | | | | | | | COMMUNITY RATE |
|------------------|------------|-------|--------------------|-----|-------------------|--------------------|---------------------|
| Basketball | NEW | Mon | 7:30 PM - 9:30 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Basketball | | Tues | 7:30 PM - 9:30 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Basketball | | Fri | 8:00 PM - 9:30 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | | Mon | 12:00 PM - 1:45 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | | Tues | 12:00 PM - 1:45 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | | Wed | 7:30 PM - 9:30 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | | Thurs | 12:00 PM - 1:45 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | | Fri | 12:00 PM - 1:45 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Pickleball | NEW | Sun | 1:30 PM - 3:30 PM | Gym | Open - All levels | Free W/ Membership | -- |
| Co-ed Volleyball | | Thurs | 7:45 PM - 9:30 PM | Gym | Open - Int/Adv | Free W/ Membership | \$160/ 8 wk session |

PERSONAL TRAINING

| | MEMBER RATE | COMMUNITY RATE |
|--|-------------|----------------|
| Package of 1 personal training session | \$80 | \$100 |
| Package of 5 personal training sessions | \$350 | \$450 |
| Package of 10 personal training sessions | \$655 | \$755 |
| Locker Room Rentals | \$15/ Month | \$180/ Annual |

*Need Financial Assistance? JUST ASK! *Schedule changes are noted in red

Please discuss any physical limitations or medical conditions that might affect your workout with the instructor—this includes being new to the class or exercise form. **PLEASE ARRIVE TO CLASS ON TIME—**latecomers may be denied admittance to class.

AQUA FITNESS

WATER AEROBICS An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility.

CARDIO

STRENGTH TRAINING Exercises use resistance to contract muscles in order to increase strength, boost anaerobic endurance, and build skeletal muscles.

CIRCUIT TRAINING Circuit training is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals.

CONDITIONING

ADULT BALLET A technique class that places emphasis and attention on alignment and placement of the body.

CORE CONDITIONING This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

TOTAL BODY CONDITIONING A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

DANCE

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.

MARTIAL ARTS

CAPOEIRA This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

SHOKOTAN KARATE (18+) Shotokan is a karate practice that teaches self defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique. **BEGINNER TO ADVANCED**

MIND/ BODY

GENTLE YOGA Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

GENTLE FLOW YOGA A relaxing style of yoga that is intended to be healing and nurturing for the body.

HATHA YOGA A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

MORNING YOGA Start your day on a positive note. All levels are welcome to this mindful, energizing morning yoga session that addresses strength, flexibility, and balance. This fifty-minute class includes flowing postures, extended stretches, and a final relaxation/meditation cool-down.

PILATES MAT Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

YOGA A type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

VINYASA YOGA Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

ADULT SPORTS

OPEN GYM - BASKETBALL (18+) Open gym time for basketball in a fun, non-competitive atmosphere. **ALL LEVELS**

OPEN GYM - PICKLE BALL (18+) Pickleball combines elements of tennis, badminton and ping pong. It is a low impact, fun workout. **ALL LEVELS**

OPEN GYM - SOCCER (18+) A great time to play indoor soccer in a positive active environment. **ALL LEVELS**

OPEN GYM - VOLLEYBALL (18+) Play the game of volleyball in a non-competitive fun atmosphere! **BEG and INT/ADV**



@greenpointymca. Be up to date on class changes, events and special offers.