

# GROUP EXERCISE

## LONG ISLAND CITY YMCA

| MON                                                   | TUES                                                       | WED                                                   | THURS                                                      | FRI                                                   | SAT                                             |  |
|-------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------|-------------------------------------------------|--|
| VINYASA YOGA<br>7:00am-7:45am<br>Studio - Castulo     |                                                            | VINYASA YOGA<br>7:00am-7:45am<br>Studio - Castulo     |                                                            |                                                       | SPIN<br>8:00am-8:45am<br>Studio - Andrey        |  |
| TAI CHI<br>8:00am-8:45am<br>Studio - Castulo          |                                                            | TAI CHI<br>8:00am-8:45am<br>Studio - Castulo          |                                                            |                                                       | BOOTCAMP<br>9:15am-10:00am<br>Studio - Dinae    |  |
| DANCELATES<br>9:00am - 9:45am<br>Studio - Mimi        | STRETCH AND TONE<br>9:00am - 9:45am<br>Studio - Vilma      | SILVER SNEAKERS<br>9:00am - 9:45am<br>Studio - Angela | STEP AND SCULPT<br>9:00am - 9:45am<br>Studio - Vilma       | SOCAROBICS<br>9:00AM-9:45AM<br>Studio - Kiara         | ZUMBA@<br>11:00am - 11:45am<br>Studio - Marylin |  |
| SILVER SNEAKERS<br>10:00am - 10:45am<br>Studio - Mimi | ZUMBA TONING@<br>10:00am - 10:45am<br>Studio - Lina        |                                                       |                                                            | DEEP DEFINATIONS<br>10:00am-10:45am<br>Studio - Kiara |                                                 |  |
| SILVER SNEAKERS<br>11:00am - 11:45am<br>Studio - Mimi |                                                            |                                                       |                                                            |                                                       |                                                 |  |
|                                                       |                                                            |                                                       |                                                            |                                                       |                                                 |  |
| SPIN<br>6:00pm - 6:45pm<br>Studio - Andrey            | INSANITY@<br>6:00pm - 6:45pm<br>Basketball Court - Castulo | DANCELATES<br>6:00pm - 6:45pm<br>Studio - Mimi        | SPIN<br>6:00pm - 6:45pm<br>Studio - Andrey                 |                                                       |                                                 |  |
| SPIN<br>7:00pm - 7:45pm<br>Studio - Andrey            | SPIN<br>6:00pm-6:45pm<br>Studio -Zarina                    | VINYASA YOGA<br>7:00pm-7:45pm<br>Studio - Mimi        | INSANITY@<br>6:00pm - 6:45pm<br>Basketball Court - Castulo |                                                       |                                                 |  |
|                                                       |                                                            |                                                       | ZUMBA@<br>7:00pm-7:45pm<br>Studio - Lina                   |                                                       |                                                 |  |

**KEY:**

\* Sign in for classes is required. Please download the YMCA App to register.

**CLASS RULES:**

- Unless specified, classes are encouraged for all skill levels.
- Bring a towel and water. Keep yourself hydrated.
- Be respectful of other students around you.
- Arrive on time. No one is admitted after 10 minutes. Classes and instructors are
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For up to date schedules, and

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5. Classes and instructors are subject to change without



For up to date schedules, and information about events, please download our Mobile App at [www.ymcanyc.org/app](http://www.ymcanyc.org/app)



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FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GROUP EXERCISE SCHEDULE

## LONG ISLAND CITY YMCA

### ACTIVE OLDER ADULT (AOA)

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#### SilverSneakers®

The SilverSneakers® Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles. Get fit, have fun, make friends!

### POOL CLASSES

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#### Aqua Zumba®

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Great class for all ages. The movements in the water help improve body conditioning, cardio fitness and flexibility.

### CARDIO AND DANCE

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#### ICG® CYCLING

A challenging workout using stationary bikes, designed to simulate road cycling. Classes will use color technology to gauge intensity.

#### Zumba®

Enjoy a low impact, cardio dance workout with Latin beats in this fun filled class!

#### Step and Sculpt

Combine the fantastic cardio workout of step with the strength gains of a sculpting workout for a total body challenge

#### Zumba® Step

We combine the awesome toning and strengthening power of Step Aerobics with the fun fitness party that only Zumba® brings to the dance floor.

### MIND & BODY

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#### Pilates Mat

Great class for strengthening the core. Will restore muscle balance, improve posture, and build strength and flexibility.

#### Stretch and Tone

A low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Through a series of stretching and toning exercises, participants will develop breathing techniques to compliment this resistance training workout.

#### Vinyasa Yoga

Flowing sequences of yoga poses linked together by an emphasis on breathing technique is sure to challenge all.

#### Tai Chi

An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense.



For up to date schedules, and information about events, offers, and more, please download our Mobile App at [www.ymcanyc.org/app](http://www.ymcanyc.org/app)



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