



# GROUP EXERCISE

## LONG ISLAND CITY YMCA

\*SUBJECT TO CHANGE SEASONALLY\*

MON	TUES	WED	THURS	FRI	SAT
					<b>SPIN</b> 8:00am - 8:50am Studio - Andrey
<b>VINYASA YOGA</b> 7:00am-7:45am Studio - Mike		<b>VINYASA YOGA</b> 7:00am-7:45am Studio - Mike			<b>BOOTCAMP</b> 9:15am-10:00am Studio - Dinae
					<b>ZUMBA@</b> 11:00am - 11:45am Studio - Marilyn
<b>DANCEALATES</b> 9:00am - 9:45am Studio - Mimi	<b>STRETCH AND TONE</b> 9:00am - 9:45am Studio - Vilma	<b>SILVER SNEAKERS@</b> 9:00am - 9:45am Studio- Angela	<b>STEP AND SCULPT</b> 9:00am - 9:45am Studio - Vilma	<b>SOCAFROBICS</b> 9:00am - 9:45am Studio - Kiara	
<b>SILVER SNEAKERS@</b> 10:00am - 10:45am Studio- Mimi	<b>ZUMBA TONING</b> 10:00am - 10:45am Studio - Lina	<b>SILVER SNEAKERS@</b> 10:00am - 10:45am Studio- Angela		<b>DEEP DEFINITIONS</b> 10:00am - 10:45am Studio - Kiara	
<b>SILVER SNEAKERS@</b> 11:00am - 11:45am Studio- Mimi					
<b>SPIN</b> 6:00pm - 6:45pm Studio—Andrey	<b>INSANITY@</b> 6:00pm - 6:45pm Basketball Court - Mariel	<b>DANCEALATES</b> 6:00pm-6:45pm Studio - Mimi	<b>INSANITY@</b> 6:00pm - 6:45pm Basketball court - Mariel		
	<b>SPIN</b> 6:00pm - 6:45pm Studio - Zarina		<b>SPIN</b> 6:00pm - 6:45pm Studio - Andrey	<b>SPIN</b> 6:00pm - 6:45pm Studio - Zarina	
<b>SPIN</b> 7:00pm - 6:45pm Studio - Andrey		<b>VINYASA YOGA</b> 7:00pm-7:45pm Studio - Mimi	<b>ZUMBA@</b> 7:00pm-7:45pm Studio - Lina		

**KEY:**

\* Members must register through YMCA Of Greater NY APP to attend Group Classes\*

**CLASS RULES:**

- Members are asked to clean their individual equipment before and after each use.
- 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 subject to change. Members will be notified via YMCA Of Greater NY of any change.

For up to date schedules, and information about events, please download our Mobile App: YMCA Of Greater NY In your app store or Google Play





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!

### 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.

**Socafrobics** Soca AFRO-bics is a high intensity dance fitness class that seamlessly blends the dances of the AfroCaribbean diaspora and fitness.

### 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.

### STRENGTH

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**Insanity®** Max Interval Training that keeps your body working at maximum capacity through your entire workout. You keep pushing you limits– so your body has to adapt

**Deep Definition** sculpt and define every inch of your body in this strength training class.



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For more information please check our YMCA Of Greater NY APP.  
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