HARLEM YMCA
GROUP EX SCHEDULE

HOLIDAY WEEK | JUNE 27– JULY 4

	MONDAY 6/27	TUESDAY 6/28	WEDNESDAY 6/29	THURSDAY 6/30	FRIDAY 7/1	SATURDAY 7/2	SUNDAY 7/3	MONDAY 7/4
6:30 AM						GYM OPENS AT 8:00 AM	GYM OPENS AT 8:00 AM	All Group Ex Classes are canceled
7:00 AM	**Ashanti Yoga** (Jason) 7:00-8:00AM Studio 1		**Spin** (Caroline) 6:45-7:45AM Spin Studio					
7:30 AM					**Sunrise Yoga** (Pepper) 7:30-8:30AM Studio 1			
8:00 AM			**Ashtanga Yoga** (Pepper) 7:30-8:30AM Studio 1					
8:30 AM	**Aqua Aerobics** (Phyllis) 8:30-9:30AM Pool					**Aqua Aerobics** (Phyllis) 8:30-9:30AM Pool	***Spin Orientation*** (Brian) 10:30–10:45AM Spin Studio	
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM	**Mat Pilates** (Ireen) 10:30–11:30AM Studio 1				**Mat Pilates** (Ireen) 10:30–11:30AM Studio 1		**Spin** (Bryan) 10:45–11:30AM Spin Studio	**Vinyasa Yoga** (Pepper) 11:30AM-12:30PM
11:00 AM								
11:30 AM		**Stretching** (Ireen) 11:30AM-12:30PM Studio 1		**Stretching** (Ireen) 11:30AM-12:30PM Studio 1		**Mat Pilates** (Mike) 11:30AM–12:30PM Studio 1	**Total Body** (Caroline) 11:45 AM-12:45PM Little Theater	**Mat Pilates** (Ireen) 12:30-1:30PM Studio 1
12:00 PM								
12:30 PM	**Chair Yoga** (Jason) 12:30-1:30PM Studio 1			**Zumba** (Reina) 12:30– 1:30PM Studio 1		**Dancealates** (Mike) 12:30-1:30PM Studio 1	**Cardio & Core** (Carlos) 1:30– 2:30PM Studio 1	**Family Zumba** (Reina) 1:00PM-2:00PM Little theater
1:00 PM					**Zumba**(Reina) 12:30-1:30PM			
2:00 PM								
3:00 PM								
4:00 PM								
5:00 PM		**Dancealates** (Mike) 5:00-6:00PM Studio 1	**Cardio & Core** (Carlos) 5:00-6:00PM Studio 1	**Dancealates** (Mike) 5:00-6:00PM Studio 1		GYM CLOSES AT 3:00 PM	GYM CLOSES AT 3:00 PM	Branch closes at 3:00PM for July 4th Holiday
5:30 PM		**Spin Orientation** (Brian) 5:30-5:45PM Spin Studio		**Spin** (Caroline) 5:30-6:30PM Spin Studio	**Strong Nation** (Melissa) 5:30–6:30PM Little Theatre			
6:00 PM	**Insanity** (Phyllis) 6:00-7:00PM Gym	**Spin** (Brian) 5:45-6:30PM Spin Studio	**Boot Camp** (Carlos) 6:20-7:20PM Little Theatre					
6:30 PM		**Strong Nation** (Melissa) 6:15-7:15PM Spin Studio						
7:00 PM	**Power Step** (Phyllis) 7:15-8:00PM Gym	**Total Body** (Brian) 6:30-7:30PM Little Theater	**Meridian Yoga** (Pepper) 6:30-7:30 PM Studio 1	**Total Body** (Caroline) 6:45-7:45PM Little Theater				
7:30 PM								
8:00 PM								

Vinyasa Yoga (Jason) 6:30-7:30PM Studio 1

App reservations are required for all group ex classes. Please scan code to install the Y APP.

180 West 135th Street, New York, NY 10030 | 212-912-2100 | harlem@ymcanyc.org | ymcanyc.org/harlem