



FLUSHING YMCA

GROUP EXERCISE SCHEDULE

as of 08.27.2022

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schedules online:



@flushingymca

Mon	8:00 AM - 8:50 AM	HIIT	Rolando	Yoga Studio
	9:00 AM - 9:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	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 Classic®	Ranya	Gymnasium
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	7:00 PM - 7:50 PM	Indoor Cycling	Liz	Spin Studio
Wed	8:00 AM - 8:50 AM	Indoor Cycling	Ilda	Spin Studio
	9:00 AM - 9:50 AM	Kickboxing	Rolando	TRX Studio
	10:00 AM - 10:50 AM	Beginner Tai Chi	Joan	Dance Studio
	11:00 AM - 11:50 AM	Intermediate Tai Chi	Joan	Dance Studio
	12:00 PM - 12:50 PM	Cane Tai Chi	Joan	Dance Studio
	6:00 PM - 6:50 PM	Zumba®	Lina	Dance Studio
Thurs	9:00 AM - 9:50 AM	Silver Sneakers Classic®	Ranya	Gymnasium
	10:00 AM - 10:50 AM	Zumba®	Lina	Yoga Studio
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Yoga	Mike	Yoga Studio
	6:00 PM - 6:50 PM	Indoor Cycling	Ilda	Spin Studio
Fri	9:00 AM - 9:50 AM	Total Body Conditioning	Angela	Gymnasium
	10:00 AM - 10:50 AM	Yoga	Mike	Yoga Studio
	10:00 AM - 10:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	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

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