



**YMCA OF GREATER
NEW YORK**
Where there's a Y,
there's a way.

**McBurney
YMCA**

**GROUP
EXERCISE
SCHEDULE**
Effective
9.6.2022

Download our mobile
app for the most
updated information:
[https://ymcanyc.org/
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Schedules online:



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MONDAY					
NEW	9:00am - 9:45am	Strong Nation	Melissa M.	Studio 2	Open
	10:00am - 10:45am	AOA Gentle Yoga	Joelle N.	Studio 2	Open
UPDATE	10:30am - 11:15am	Water Aerobics	KJ	Pool	Open
	11:45am - 12:30pm	Total Body Conditioning	Leslie H.	Studio 2	Open
	1:00pm - 1:45pm	AOA Strength Training	Don B.	Studio 2	Open
	4:45pm - 6:00pm	Iyengar Yoga	Martha G.	Studio 1	Open
NEW	5:00pm - 5:45pm	Barre Workout	Carine F.	Studio 2	Open
NEW	6:00pm - 6:45pm	Indoor Cycling	Carine F.	Spin	Open
	6:00pm - 6:45pm	GROOVE	Leslie H.	Studio 2	Open
TUESDAY					
	8:00am - 8:45am	Hatha Yoga	Joelle N.	Studio 2	Open
NEW	8:00am - 8:45am	Indoor Cycling	Christina W.	Spin	Open
NEW	9:00am - 9:45am	Total Body Conditioning	Christina W.	Studio 2	Open
	10:00am - 10:45am	AOA Cardio Conditioning	Leslie H.	Studio 2	Open
	12:30pm - 1:15pm	Water Aerobics	KJ	Pool	Open
	1:00pm - 1:45pm	Pilates Mat	Theresa H.	Studio 2	Open
	2:00pm - 2:45pm	Hatha Yoga	Theresa H.	Studio 2	Open
NEW	4:15pm - 5:15pm	Modern Dance	Lori B.	Studio 2	Open
	6:30pm - 7:15pm	H.I.T.T.	Kit W.	Studio 1	Open
NEW	6:30pm - 7:15pm	Zumba	Jorge C.	Studio 2	Open
WEDNESDAY					
NEW	7:30am - 8:15am	Indoor Cycling	Janine W.	Spin	Open
	8:00am - 8:45am	Vinyasa Yoga	Karen B.	Studio 2	Open
	9:00am - 9:45am	Core & Strength Training	Ron P.	Studio 2	Open
UPDATE	10:30am - 11:15am	Water Aerobics	Ron P.	Pool	Open
	11:30am - 12:15pm	AOA Chair Yoga	Theresa H.	Studio 2	Open
NEW	12:30pm - 1:00pm	Core Connection	Leslie H.	Studio 2	Open
NEW	1:15pm - 2:00pm	Active Resistance Training	Leslie H.	Studio 2	Open
NEW	4:15pm - 5:00pm	Stretch & Release	Caroline Y.	Studio 2	Open
	5:15pm - 6:15pm	Classical Ballet	Lori B.	Studio 1	Open
	6:15pm - 7:00pm	Interval Cardio Sculpt	Maddie M.	Studio 2	Open
THURSDAY					
NEW	8:30am - 9:15am	Stretch & Release	Caroline Y.	Studio 2	Open
	9:30am - 10:15am	AOA GROOVE	Leslie H.	Studio 2	Open
	10:00am - 10:45am	Water Aerobics	Ron P.	Pool	Open
	10:30am - 11:15am	Gentle Yoga	Theresa H.	Studio 2	Open
	11:30am - 12:15pm	Pilates Mat	Theresa H.	Studio 2	Open
	12:30pm - 1:15pm	Stretch & Release	Maddie M.	Studio 2	Open
NEW	5:30pm - 6:15pm	H.I.T.T.	Kit W.	Studio 1	Open
	6:45pm - 7:30pm	AOA Hatha Yoga	Karen B.	Studio 1	Open
FRIDAY					
	9:00am - 9:45am	AOA Stretch & Release	Karen B.	Studio 2	Open
	10:00am - 10:45am	AOA Strength Training	Don B.	Studio 2	Open
	11:00am - 11:45am	Let's Dance Cardio	Maddie M.	Studio 2	Open
	12:00pm - 12:45pm	Cardio SCULPT	Leslie H.	Studio 2	Open
	2:00pm - 2:45pm	Pilates Mat	Theresa H.	Studio 2	Open
NEW	3:45pm - 5:00pm	Vinyasa Yoga	Lillian C.	Studio 1	Open
	5:15pm - 6:15pm	Ballet	Makiko S.	Studio 2	Open
	6:00pm - 6:45pm	H.I.T.T.	Kit W.	Studio 1	Open
SATURDAY					
	9:00am - 9:45am	Vinyasa Yoga	Karen B.	Studio 2	Open
	10:00am - 10:45am	Interval Training	Josue C.	Gym B	Int / Adv
	11:00am - 11:45am	STEP	Maddie M.	Studio 2	Open
	12:00pm - 1:00pm	Ballet	Makiko S.	Studio 1	Open
SUNDAY					
	10:00am - 11:15am	Iyengar Yoga	Martha G.	Studio 2	Open
NEW	3:00pm - 4:00pm	Vinyasa Yoga	Lillian C.	Studio 2	Open