



# ADULT GROUP EX & SPORTS

Fall II | Session 6 | October 31 - December 24, 2022

as of 10.6.22

GROUP CLASSES	DAY	START TIME	END TIME	ROOM	INSTRUCTOR	MEMBER RATE	
<b>MONDAY</b>							
Core Conditioning	Mon	10:00 AM - 10:50 AM		Gym	Rebecca B.	Free W/ Membership	--
Water Aerobics	Mon	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Gentle Yoga	Mon	5:00 PM - 6:00 PM		Studio A	Alice	Free W/ Membership	--
Strength Training	Mon	6:30 PM - 7:20 PM		Gym	Ali A.	Free W/ Membership	--
Water Aerobics	Mon	6:00 PM - 7:00 PM		Pool	Pat S.	Free W/ Membership	--
<b>TUESDAY</b>							
AOA Silver Sneakers	Tues	9:00 AM - 9:50 AM		Studio A	Patricia S.	Free W/ Membership	--
Gentle Yoga	Tues	10:00 AM - 10:50 AM		Gym	Stefanie M.	Free W/ Membership	--
Circuit Training	Tues	6:30 PM - 7:20 PM		Gym	Carlos R.	Free W/ Membership	--
Zumba	Tues	7:00 PM - 7:50 PM		Studio A	Sarah	Free W/ Membership	--
<b>WEDNESDAY</b>							
Morning Yoga	Wed	7:00 AM - 7:50 AM		Gym	GINNA	Free W/ Membership	--
Core Conditioning	Wed	10:00 AM - 10:50 AM		Gym	Maddie M.	Free W/ Membership	--
Water Aerobics	Wed	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Mat Pilates	Wed	12:00 PM - 12:50 PM		Gym	Anna	Free W/ Membership	--
Vinyasa Yoga	Wed	6:30 PM - 7:20 PM		Gym	Stefanie M.	Free W/ Membership	--
Adult Ballet	Wed	6:30 PM - 7:20 PM		Gym	Becky	Free W/ Membership	--
<b>THURSDAY</b>							
Step	Thurs	9:00 AM - 9:50 AM		Gym	Maddi M.	Free W/ Membership	--
Gentle Yoga	Thurs	10:00 AM - 10:50 AM		Gym	Erin C.	Free W/ Membership	--
Cardio Strength Training	Thurs	12:00 PM - 12:50 PM		Gym	Jon C.	Free W/ Membership	--
Boot Camp	Thurs	6:30 PM - 7:20 PM		Gym	Mark S.	Free W/ Membership	--
<b>FRIDAY</b>							
Total Body Conditioning	Fri	10:00 AM - 10:50 AM		Gym	Ali A.	Free W/ Membership	--
Water Exercise	Fri	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Morning Yoga	Fri	11:00 AM - 11:50 AM		Gym	GINNA	Free W/ Membership	--
<b>SATURDAY</b>							
Morning Yoga	Sat	8:00 AM - 8:50 AM		Gym	Adele L.	Free W/ Membership	--
Zumba	Sat	11:00 AM - 11:50 AM		Studio B	Sarah	Free W/ Membership	--
Circuit Training	Sat	1:00 PM - 1:50 PM		Gym	Carlos R.	Free W/ Membership	--
<b>SUNDAY</b>							
Kettlebells	Sun	10:00 AM - 10:50 AM		Studio A	Haydy	Free W/ Membership	--
Master Stretch	Sun	11:00 AM - 11:50 AM		Studio A	Haydy	Free W/ Membership	--

ADULT SPORTS (Ages 18+)						COMMUNITY RATE
Basketball	Mon	7:30 PM - 9:30 PM		Gym	Open - All levels	Free W/ Membership --
Basketball	Tues	7:30 PM - 9:30 PM		Gym	Open - All levels	Free W/ Membership --
Basketball	Fri	8:00 PM - 9:30 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Mon	12:00 PM - 1:45 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Tues	12:00 PM - 1:45 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Wed	7:30 PM - 9:30 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Thurs	1:00 PM - 1:45 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Fri	12:00 PM - 1:45 PM		Gym	Open - All levels	Free W/ Membership --
Pickleball	Sun	1:30 PM - 3:30 PM		Gym	Open - All levels	Free W/ Membership --
Co-ed Volleyball	Thurs	7:45 PM - 9:30 PM		Gym	Open - Int/Adv	Free W/ Membership \$160/ 8 wk session

PERSONAL TRAINING	MEMBER RATE	RATE
Package of 1 personal training session	\$80	\$100
Package of 5 personal training sessions	\$350	\$450
Package of 10 personal training sessions	\$655	\$755
Locker Room Rentals	\$15/ Month	\$180/ Annual

\*Need Financial Assistance? JUST ASK! \*Schedule changes are noted in red

Please discuss any physical limitations or medical conditions that might affect your workout with the instructor–this includes being new to the class or exercise form. [PLEASE ARRIVE TO CLASS ON TIME-](#) latecomers may be denied admittance to class.

## AQUA FITNESS

[WATER AEROBICS](#) An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility.

## CARDIO

[STRENGTH TRAINING](#) Exercises use resistance to contract muscles in order to increase strength, boost anaerobic endurance, and build skeletal muscles.

[CIRCUIT TRAINING](#) Circuit training is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals.

## CONDITIONING

[ADULT BALLET](#) A technique class that places emphasis and attention on alignment and placement of the body.

[CORE CONDITIONING](#) This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

[TOTAL BODY CONDITIONING](#) A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

## DANCE

[ZUMBA®](#) Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

## MARTIAL ARTS

[CAPOEIRA](#) This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

[SHOKOTAN KARATE \(18+\)](#) Shotokan is a karate practice that teaches self defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique. **BEGINNER TO ADVANCED**

## MIND/ BODY

[GENTLE YOGA](#) Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

[GENTLE FLOW YOGA](#) A relaxing style of yoga that is intended to be healing and nurturing for the body.

[HATHA YOGA](#) A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

[MORNING YOGA](#) Start your day on a positive note. All levels are welcome to this mindful, energizing morning yoga session that addresses strength, flexibility, and balance. This fifty-minute class includes flowing postures, extended stretches, and a final relaxation/meditation cool-down.

[PILATES MAT](#) Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

[YOGA](#) A type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

[VINYASA YOGA](#) Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

## ADULT SPORTS

[OPEN GYM - BASKETBALL \(18+\)](#) Open gym time for basketball in a fun, non-competitive atmosphere. **ALL LEVELS**

[OPEN GYM - PICKLE BALL \(18+\)](#) Pickleball combines elements of tennis, badminton and ping pong. It is a low impact, fun workout. **ALL LEVELS**

[OPEN GYM - SOCCER \(18+\)](#) A great time to play indoor soccer in a positive active environment. **ALL LEVELS**

[OPEN GYM - VOLLEYBALL \(18+\)](#) Play the game of volleyball in a non-competitive fun atmosphere! **BEG and INT/ADV**

**Y FIT START FITNESS PROGRAM** Our Y Fit Start program will support you in building a regular exercise routine by starting slowly, setting realistic goals and figuring out what works best for you. **REGISTER AT THE FRONT DESK!**



@greenpointymca. Be up to date on class changes, events and special offers.