



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

LONG ISLAND CITY YMCA

SUBJECT TO CHANGE SEASONALLY

MON	TUES	WED	THURS	FRI	SAT	SUN
					SPIN@ 8:15am - 9:05am Studio - Andrey	H.I.I.T 9:00am - 9:50am Studio - Luisa
VINYASA YOGA 7:00am-7:50am Studio - Mike		VINYASA YOGA 7:00am-7:50am Studio - Mike			BOOTCAMP 9:15am-10:05am Studio - Zarina	CARDIO KICKBOX 10:00am - 10:50am Studio - Luisa
					PILATES 10:15am - 11:05am Studio - Kyle	
DANCEALATES 9:00am-9:50am Studio - Mimi	STRETCHING 9:00am-9:50am Studio - Vilma	SILVER SNEAKERS@ 9:00am-9:50am Studio- Angela	STEP AND SCULPT 9:00am-9:50am Studio - Vilma	PILATES MAT 9:00am - 9:50am Studio - Megan	ZUMBA@ 11:15am - 12:05pm Studio - Marylin	
SILVER SNEAKERS@ 10:00am - 10:50am Studio- Mimi	ZUMBA TONING@ 10:00am - 10:50am Studio - Lina	SILVER SNEAKERS@ 10:00am - 10:50am Studio- Angela	SOCAFROBICS 10:00am - 10:50am Studio - Kiara	SOCAFROBICS 10:00am - 10:50am Studio - Kiara		
SILVER SNEAKERS@ 11:00am - 11:50am Studio- Mimi			DEEP DEFINITIONS 11:00am - 11:50am Studio - Kiara	DEEP DEFINITIONS 11:00am - 11:50am Studio - Kiara		
DEEP DEFINITIONS 6:00pm - 6:50pm MPR - Zarina	TOTAL BODY CONDITIONING 6:00pm - 6:50pm MPR - Mariel	DANCEALATES 6:00pm - 6:50pm Studio - Mimi	TOTAL BODY CONDITIONING 6:00pm - 6:50pm MPR - Mariel			
SPIN@ 6:00pm - 6:50pm Studio - Andrey	SPIN@ 6:00pm - 6:50pm Studio - Zarina	H.I.I.T 6:00pm - 6:50pm MPR - Luisa	SPIN@ 6:00pm - 6:50pm Studio - Andrey			
BARRE@ 7:00pm - 7:50pm MPR - Megan	PILATES MAT 7:00pm - 7:50pm MPR - Kyle	VINYASA YOGA 7:00pm - 7:50pm Studio - Mimi	ZUMBA@ 7:00pm - 7:50pm Studio - Lina	SPIN@ 6:00pm - 6:50pm Studio - Zarina		
SPIN@ 7:00pm - 7:50pm Studio - Andrey		CARDIO KICKBOX 7:00pm - 7:50pm MPR - Luisa	PILATES MAT 7:00pm - 7:50pm MPR - Kyle			

KEY:

- *Members must register through YMCA Of Greater NY APP to attend Group Classes*
- MPR - Multi-Purpose Room (1st Floor)

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 APP 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





GROUP EXERCISE SCHEDULE

LONG ISLAND CITY YMCA

ACTIVE OLDER ADULT (AOA)

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

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

Cardio Kickbox This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout

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.

H.I.I.T Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

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

MIND & BODY

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.

Barre® Barre class is a workout technique inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can..

STRENGTH

Insanity® Max Interval Training that keeps your body working at maximum capacity through your entire workout. You keep pushing your 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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