



# FLUSHING YMCA

## GROUP EXERCISE SCHEDULE

as of 11.08.2022

Download our mobile app for the most updated info  
<https://ymcanyc.org/mobile-app>



View our schedules online:



@flushingymca

Mon	8:00 AM - 8:50 AM	H.I.I.T.	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	Dance Studio
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	7:00 PM - 7:50 PM	Indoor Cycling	Liz	Spin Studio
	7:30 PM - 8:20 PM	Zumba®	Karla	Dance 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	Advanced 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®	Angela	Gymnasium
	10:00 AM - 10:50 AM	Zumba®	Lina	Yoga Studio
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Yoga	Mike	Yoga Studio
	6:00 PM - 6:50 PM	Indoor Cycling	Ilda	Spin Studio
	7:00 PM - 7:50 PM	Zumba Toning® STARTS 11/17	Cheryl	Dance 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	Total Body Conditioning	Rolando	Yoga Studio
	1:00 PM - 1:50 PM	Stretching	Rolando	Yoga Studio
	2:00 PM - 2:50 PM	Zumba®	Marylin	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 <sup>nd</sup> Floor	Weight Room Area
Dance Studio	2 <sup>nd</sup> Floor	Near Ping Pong Room
TRX Studio	2 <sup>nd</sup> Floor	Near Ping Pong Room
Gymnasium	2 <sup>nd</sup> Floor	Basketball Court