



**YMCA OF GREATER
NEW YORK**

Where there's a Y,
there's a way.

**McBurney
YMCA**

**GROUP
EXERCISE
SCHEDULE**
Effective
2/27/23

Download our mobile
app for the most
updated information:
[https://ymcanyc.org/
mobile-app](https://ymcanyc.org/mobile-app)

Schedules online:



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	MONDAY	9:00am - 9:45am	Pilates Mat	Lisa V.	Studio 2	Open
		10:00am - 10:45am	AOA Gentle Yoga	Joelle N.	Studio 2	Open
		10:00am-10:45am	Water Aerobics	Lisa V.	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
		6:00pm - 6:45pm	GROOVE	Leslie H.	Studio 2	Open
Update		6:30-7:15pm	Indoor Cycling	Carine F.	Spin	Open
	TUESDAY	8:00am - 9:00am	Yoga Stretch	Joelle N.	Studio 2	Open
		10:00am - 10:45am	AOA Cardio Conditioning	Leslie H.	Studio 2	Open
		12:30pm - 1:15pm	Water Aerobics	Carine F.	Pool	Open
		1:00pm - 1:45pm	Pilates Mat	Theresa H.	Studio 2	Open
		2:00pm - 2:45pm	Hatha Yoga	Theresa H.	Studio 2	Open
		5:15pm-6:15pm	Ballet Barre	Makiko S.	Studio 2	Open
		6:30pm - 7:15pm	H.I.I.T	Kit W.	Studio 1	Open
		6:30pm - 7:15pm	Zumba	Jorge C.	Studio 2	Open
	WEDNESDAY	8:00am - 8:45am	Vinyasa Yoga	Karen B.	Studio 2	Open
		9:00am - 9:45am	Core & Strength Training	Ron P.	Studio 2	Open
		10:30am-11:15am	AOA Seated Pilates	Theresa H.	Studio 2	Open
		10:30am - 11:15am	Water Aerobics	Ron P.	Pool	Open
		11:30am - 12:15pm	AOA Chair Yoga	Theresa H.	Studio 2	Open
		12:30pm - 1:00pm	Core Connection	Leslie H.	Studio 2	Open
		1:15pm - 2:00pm	Active Resistance Training	Leslie H.	Studio 2	Open
		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	8:30am - 9:15am	Stretch & Release	Caroline Y.	Studio 2	Open
		9:30am - 10:15am	AOA Groove	Leslie H.	Studio 2	Open
		10:00am-11:15am	Iyengar Yoga	Martha G.	Studio 1	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		6:30pm - 7:15pm	Indoor Cycling	Carine F.	Spin	Open
		6:30pm - 7:15pm	H.I.I.T	Kit W.	Studio 1	Open
		6:45pm - 7:30pm	AOA Hatha Yoga	Karen B.	Studio 2	Open
		7:00pm-7:45pm	Aqua Zumba	Jorge C.	Pool	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
		3:45pm - 5:00pm	Vinyasa Yoga	Lillian C.	Studio 1	Open
		5:15pm - 6:15pm	Modern Dance	Samuel H.	Studio 2	Open
		6:00pm - 6:45pm	H.I.I.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
Update		11:00am - 11:45am	STEP	Maddie M.	Studio 1	Open
Update		12:00pm - 1:00pm	Ballet	Makiko S.	Studio 2	Open
	SUNDAY	10:00am - 11:15am	Iyengar Yoga	Martha G.	Studio 1	Open
		3:00pm - 4:00pm	Vinyasa Yoga	Lillian C.	Studio 2	Open