

## 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

Schedules online:



**Contact Us: Robert Saladino** (212) 912-2333 rsaladino@ymcanyc.org





@mcburneyymca

	MONDAY • • • •				• • • •
	9:00am - 9:45am	Pilates Mat	Lisa V.	Studio 2	Open
	10:00am - 10:45am	AOA Gentle Yoqa	Joelle N.	Studio 2	Öpen
	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 • • •	Vince a Vene	Managa D		0
	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
	THUDCDAY				
	THURSDAY • • • • • • • • • • • • • • • • • • •	Stretch & Release	Caroline Y	Studio 2	Onen
	8:30am - 9:15am	Stretch & Release	Caroline Y. Leslie H.	Studio 2 Studio 2	Open Open
	8:30am - 9:15am 9:30am - 10:15am	AOA Groove	Leslie H.	Studio 2	Open
	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am	AOA Groove Iyengar Yoga	Leslie H. Martha G.	Studio 2 Studio 1	Open Open
	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am	AOA Groove Iyengar Yoga Water Aerobics	Leslie H. Martha G. Ron P.	Studio 2 Studio 1 Pool	Open Open Open
	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am 10:30am - 11:15am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga	Leslie H. Martha G. Ron P. Theresa H.	Studio 2 Studio 1 Pool Studio 2	Open Open Open Open
	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm	AOA Groove Iyengar Yoga Water Aerobics	Leslie H. Martha G. Ron P.	Studio 2 Studio 1 Pool	Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am 10:30am - 11:15am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat	Leslie H. Martha G. Ron P. Theresa H. Theresa H.	Studio 2 Studio 1 Pool Studio 2 Studio 2	Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2	Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am-11:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Studio 2 Spin	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Studio 2 Studio 1	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:30am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 2	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 12:45pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 11:15am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 12:45pm 2:00pm - 2:45pm 3:45pm - 5:00pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 12:45pm 2:00pm - 2:45pm 3:45pm - 5:00pm 5:15pm - 6:15pm	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 1	Open Open Open Open Open Open Open Open
NEW	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 12:45pm 2:00pm - 2:45pm 3:45pm - 5:00pm 5:15pm - 6:15pm 6:00pm - 6:45pm SATURDAY • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 2	Open Open Open Open Open Open Open Open
	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:30pm - 7:30pm 7:00pm - 7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T  Vinyasa Yoga Interval Training	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C.  Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 Studio 1	Open Open Open Open Open Open Open Open
Update	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T  Vinyasa Yoga Interval Training STEP	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W. Karen B. Josue C. Maddie M.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 1	Open Open Open Open Open Open Open Open
Update	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 2:45pm 2:00pm - 2:45pm 3:45pm - 5:00pm 5:15pm - 6:15pm 6:00pm - 6:45pm SATURDAY • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 11:00am - 11:45am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T  Vinyasa Yoga Interval Training	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C.  Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 2 Studio 1 Studio 2 Studio 1	Open Open Open Open Open Open Open Open
Update	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:00am - 10:45am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:30pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • • • • • • • • • • • • • • •	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T  Vinyasa Yoga Interval Training STEP Ballet	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C.  Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W. Karen B. Josue C. Maddie M. Makiko S.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1	Open Open Open Open Open Open Open Open
Update	8:30am - 9:15am 9:30am - 10:15am 10:00am - 10:45am 10:30am - 11:15am 10:30am - 11:15am 11:30am - 12:15pm 12:30pm - 1:15pm 6:30pm - 7:15pm 6:30pm - 7:15pm 6:45pm - 7:30pm 7:00pm-7:45pm FRIDAY • • • • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 12:00pm - 2:45pm 2:00pm - 2:45pm 3:45pm - 5:00pm 5:15pm - 6:15pm 6:00pm - 6:45pm SATURDAY • • 9:00am - 9:45am 10:00am - 10:45am 11:00am - 11:45am 11:00am - 11:45am	AOA Groove Iyengar Yoga Water Aerobics Gentle Yoga Pilates Mat Stretch & Release Indoor Cycling H.I.I.T AOA Hatha Yoga Aqua Zumba  AOA Stretch & Release AOA Strength Training Let's Dance Cardio Cardio SCULPT Pilates Mat Vinyasa Yoga Modern Dance H.I.I.T  Vinyasa Yoga Interval Training STEP	Leslie H. Martha G. Ron P. Theresa H. Theresa H. Maddie M. Carine F. Kit W. Karen B. Jorge C. Karen B. Don B. Maddie M. Leslie H. Theresa H. Lillian C. Samuel H. Kit W. Karen B. Josue C. Maddie M.	Studio 2 Studio 1 Pool Studio 2 Studio 2 Studio 2 Spin Studio 1 Studio 2 Pool Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 1 Studio 2 Studio 1	Open Open Open Open Open Open Open Open