



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
					INDOOR CYCLING 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
DANCEALATES 9:00am-9:50am Studio - Mimi	STRETCHING 9:00am-9:50am Studio - Megan	SILVER SNEAKERS@ 9:00am-9:50am Studio - Angela	CARDIO SCULPT 9:00am-9:50am Studio - Zarina	PILATES MAT 9:00am - 9:50am Studio - Megan	BARRE@ 10:15am - 11:05am Studio - Megan	
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	ZUMBA@ 11:15am - 12:05pm Studio - Marylin	
WATER AEROBICS 10:00am - 10:50am Pool - Luisa		WATER AEROBICS 10:00am - 10:50am Pool - Luisa	DEEP DEFINITIONS 11:00am - 11:50am Studio - Kiara	WATER AEROBICS 10:00am - 10:50am Pool - Luisa		
SILVER SNEAKERS@ 11:00am - 11:50am Studio - Mimi				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	CORE TRAINING 6:00pm - 6:50pm Studio - Mike	TOTAL BODY CONDITIONING 6:00pm - 6:50pm MPR - Mariel	INDOOR CYCLING 6:00pm - 6:50pm Studio - Zarina		
INDOOR CYCLING 6:00pm - 6:50pm Studio - Andrey	INDOOR CYCLING 6:00pm - 6:50pm Studio - Zarina	H.I.I.T 6:00pm - 6:50pm MPR - Luisa	INDOOR CYCLING 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 - Mike	ZUMBA@ 7:00pm - 7:50pm Studio - Lina			
INDOOR CYCLING 7:00pm - 7:50pm Studio - Andrey	KETTLEBELLS 7:00pm - 7:50pm Studio - Tim	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.



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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

Total Body Conditioning A full body workout designed to strengthen and tone the upper and lower body using an assortment of fitness equipment.

Deep Definition Sculpt and define every inch of your body in this strength training class.

Kettlebells This is a total body workout that blends highly effective techniques for improving muscular endurance, total body coordinated movements and cardiovascular conditioning. Each movement and progression is taught with an emphasis on safety, highlighting essential body alignment. Take your body to the next level with Kettlebell training!

AQUA FITNESS

Water Aerobics An instructional class of aerobic movements performed in the water, to improve cardiovascular fitness, and flexibility