



**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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	<b>MONDAY</b>				
	9:00am - 9:45am	Pilates Mat	Olgu M	Studio 2	Open
	10:00am - 10:45am	AOA Gentle Yoga	Joelle N.	Studio 2	Open
	11:45am - 12:30pm	Total Body Conditioning	Leslie H.	Studio 2	Open
Update	12:00pm-12:45pm	Water Aerobics	Ron P.	Pool	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
	6:30pm-7:15pm	Indoor Cycling	Carine F.	Spin	Open
	<b>TUESDAY</b>				
Update	9:00am-9:45am	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
	<b>WEDNESDAY</b>				
	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
	<b>THURSDAY</b>				
	8:30am - 9:15am	Stretch & Release	Caroline Y.	Studio 2	Open
	9:30am - 10:15am	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
	6:30pm - 7:15pm	H.I.I.T	Kit W.	Studio 1	Open
	6:30pm - 7:15pm	Indoor Cycling	Carine F.	Spin	Open
	6:45pm - 7:30pm	AOA Hatha Yoga	Karen B.	Studio 2	Open
	7:00pm-7:45pm	Aqua Zumba	Jorge C.	Pool	Open
	<b>FRIDAY</b>				
	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
New	1:30pm-2:15pm	Water Aerobics	Carine F.	Pool	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
	<b>SATURDAY</b>				
	9:00am - 9:45am	Vinyasa Yoga	Karen B.	Studio 2	Open
	10:00am - 10:45am	Interval Training	Josue C.	Gym B	Int / Adv
	11:00am - 11:45am	STEP	Maddie M.	Studio 1	Open
	12:00pm - 1:00pm	Ballet	Makiko S.	Studio 2	Open
	<b>SUNDAY</b>				
	10:00am - 11:15am	Iyengar Yoga	Martha G.	Studio 1	Open
	3:00pm - 4:00pm	Vinyasa Yoga	Lillian C.	Studio 2	Open

