



YMCA OF GREATER
NEW YORK
Where there's a Y,
there's a way.

**McBurney
YMCA**

**GROUP
EXERCISE
SCHEDULE
Effective
9/4/23**

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

Schedules Online:



**Contact Us:
Robert Saladino**



@mcburneyymca

MONDAY

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
12:00pm-12:45pm	Water Aerobics	Jon Q.	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

TUESDAY

New 8:30-9:15am	H.I.I.T	Kit W.	Studio 1	Open
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

WEDNESDAY

Update 9:00am - 9:45am	Core & Strength Training	Ron P.	Studio 2	Open
Update 10:30-11:15am	Water Aerobics	Ron P.	Pool	Open
10:30am-11:15am	AOA Seated Pilates	Theresa H.	Studio 2	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
5:15pm - 6:15pm	Classical Ballet	Lori B.	Studio 1	Open
6:15pm - 7:00pm	Metabolic Training	Maddie M.	Studio 2	Open
New 7:30pm-8:15pm	Water Aerobics	Jon Q.	Pool	Open

THURSDAY

8:30am - 9:15am	Stretch & Release	Caroline Y.	Studio 2	Open
9:30am - 10:15am	GROOVE	Leslie H.	Studio 2	Open
Update 10:00am-10:45am	Water Aerobics	Ron P.	Pool	Open
10:00am-11:15am	Iyengar Yoga	Martha G.	Studio 1	Open
10:30am - 11:15am	Gentle Yoga	Theresa H.	Studio 2	Open
11:30am - 12:15pm	Pilates Mat	Theresa H.	Studio 2	Open
6:30pm - 7:15pm	H.I.I.T	Kit W.	Studio 1	Open
Update 6:45pm - 7:30pm	Meditation	Karen B.	Studio 2	Open
New 7:30pm-8:15pm	Water Aerobics	Jon Q.	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
Update 1:30pm-2:15pm	Water Aerobics	Carine F.	Pool	Open
2:00pm - 2:45pm	Pilates Mat	Theresa H.	Studio 2	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
New 6:30pm - 7:15pm	Water Aerobics	Jon Q.	Pool	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
11:00am - 11:45am	STEP	Maddie M.	Studio 1	Open
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
3:15pm-4:15pm	Ballet	Caroline Y.	Studio 1	Open