



GREENPOINT YMCA

ADULT GROUP EX & SPORTS

Spring I Session | February 26 – April 28, 2024

as of 2.16.24

GROUP CLASSES	DAY	START TIME	END TIME	ROOM	INSTRUCTOR	MEMBER RATE	COMM. RATE
MONDAY							
Core Conditioning	Mon	10:00 AM - 10:50 AM		Studio C	Maddi M.	Free W/ Membership	--
Water Aerobics	Mon	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Gentle Yoga	Mon	6:00 PM - 6:50 PM		Studio A	Lillian	Free W/ Membership	--
Strength Training	Mon	6:30 PM - 7:20 PM		Gym	Ali A.	Free W/ Membership	--
Water Aerobics - Gentle	Mon	6:00 PM - 7:00 PM		Pool	Natalia	Free W/ Membership	--
Water Aerobics - Adv	Mon	7:00 PM - 8:00 PM		Pool	Natalia	Free W/ Membership	--
TUESDAY							
AOA Silver Sneakers	Tues	9:00 AM - 9:50 AM		Studio A	Natalia	Free W/ Membership	--
Gentle Yoga	Tues	10:00 AM - 10:50 AM		Gym	Stefanie M.	Free W/ Membership	--
Circuit Training	Tues	6:30 PM - 7:20 PM		Gym	Carlos R.	Free W/ Membership	--
Zumba	Tues	6:30 PM - 7:20 PM		Studio A	Sarah	Free W/ Membership	--
WEDNESDAY							
Morning Yoga	Wed	7:00 AM - 7:50 AM		Gym	Hans H.	Free W/ Membership	--
Core Conditioning	Wed	10:00 AM - 10:50 AM		Studio C	Maddie M.	Free W/ Membership	--
Water Aerobics	Wed	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Mat Pilates	Wed	12:00 PM - 12:50 PM		Gym	Hans H.	Free W/ Membership	--
Vinyasa Yoga	Wed	6:30 PM - 7:20 PM		Gym	Stefanie M.	Free W/ Membership	--
Zumba	Wed	6:30 PM - 7:20 PM		Studio A	Anna	Free W/ Membership	--
THURSDAY							
Stretch & Release	Thurs	9:00 AM - 9:50 AM		Studio A	Maddi M.	Free W/ Membership	--
Gentle Yoga	Thurs	10:00 AM - 10:50 AM		Gym	Erin C.	Free W/ Membership	--
Aqua Zumba	Thurs	11:00 AM - 12:00 PM		Pool	TBD	Free W/ Membership	--
Cardio Strength Training	Thurs	12:00 PM - 12:50 PM		Gym	Jon C.	Free W/ Membership	--
Water Aerobics	Thurs	6:00 PM - 7:00 PM		Pool	Hans	Free W/ Membership	--
Boot Camp	Thurs	6:30 PM - 7:20 PM		Gym	Mark S.	Free W/ Membership	--
Vinyasa Yoga	Thurs	6:45 PM - 7:35 PM		Studio B	Runn	Free W/ Membership	--
FRIDAY							
Total Body Conditioning	Fri	10:00 AM - 10:50 AM		Gym	Ali A.	Free W/ Membership	--
Water Exercise	Fri	10:30 AM - 11:20 AM		Pool	Maria C.	Free W/ Membership	--
Morning Yoga	Fri	11:00 AM - 11:50 AM		Gym	Runn	Free W/ Membership	--
SATURDAY							
Morning Yoga	Sat	8:00 AM - 8:50 AM		Gym	Adele L.	Free W/ Membership	--
Zumba	Sat	11:00 AM - 11:50 AM		Studio B	Sarah	Free W/ Membership	--
Circuit Training	Sat	1:00 PM - 1:50 PM		Gym	Carlos R.	Free W/ Membership	--
SUNDAY							
Yoga	Sun	7:00 AM - 7:50 AM		Studio A	Hans	Free W/ Membership	--
Restorative Yoga	Sun	10:00 AM - 10:50 AM		Studio A	Alice	Free W/ Membership	--
Family Yoga	Sun	10:00 AM - 10:50 AM		Studio B	Hans	Free W/ Membership	--
Master Stretch	Sun	11:00 AM - 11:50 AM		Studio A	Alice	Free W/ Membership	--

ADULT SPORTS (Ages 18+)					MEMBER RATE	COMM. RATE
Basketball	Mon	7:30 PM - 9:45 PM	Gym	Open - All levels	Free W/ Membership	--
Basketball	Tues	7:30 PM - 9:45 PM	Gym	Open - All levels	Free W/ Membership	--
Basketball	Fri	6:30 PM - 9:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Mon	12:00 PM - 1:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Tues	12:00 PM - 1:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Wed	7:30 PM - 9:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Thurs	1:00 PM - 1:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Fri	12:00 PM - 1:45 PM	Gym	Open - All levels	Free W/ Membership	--
Pickleball	Sun	1:30 PM - 3:30 PM	Gym	Open - All levels	Free W/ Membership	--

PERSONAL TRAINING	MEMBER RATE	COMM. RATE
Package of 1 personal training session	\$92	\$162
Package of 5 personal training sessions	\$395	\$515
Package of 10 personal training sessions	\$725	\$830
Locker Room Rentals	\$20/ Month	\$240/ Annual
Day Pass	\$25/ Day	--

*Need Financial Assistance? JUST ASK! *Schedule changes are noted in red

Please discuss any physical limitations or medical conditions that might affect your workout with the instructor-this includes being new to the class or exercise form. **PLEASE ARRIVE TO CLASS ON TIME-latecomers may be denied admittance to class.**

AQUA FITNESS

WATER AEROBICS

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

CARDIO

STRENGTH TRAINING

Exercises use resistance to contract muscles in order to increase strength, boost anaerobic endurance, and build skeletal muscles.

CIRCUIT TRAINING

Circuit training is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals.

METABOLIC TRAINING

Metabolic Training is a combination of high and low intensity training to maximize all the benefits and adaptations of each style. MT speeds up the metabolism for a more efficient caloric burn and better weight management. It is also a more sustainable training program and maximizes the benefit of 3 energy systems: the glycogen, glucose and lactic energy systems.

CONDITIONING

ADULT BALLET

A technique class that places emphasis and attention on alignment and placement of the body.

CORE CONDITIONING

This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength.

TOTAL BODY CONDITIONING

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

DANCE

ZUMBA®

Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

MARTIAL ARTS

CAPOEIRA

This exciting Brazilian martial arts class combines music, dance, and traditional movements. The goal is to increase flexibility, balance, agility and overall coordination and strengthen mental and physical concentration.

SHOKOTAN KARATE (18+)

Shotokan is a karate practice that teaches self defense through a series of specific forms. This Shotokan Karate class will be a challenging workout, with a focus on form and technique. **BEGINNER TO ADVANCED**

MIND/ BODY

GENTLE YOGA

Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.

GENTLE FLOW YOGA

A relaxing style of yoga that is intended to be healing and nurturing for the body.

FAMILY YOGA

A class designed to promote physical fitness, relaxation, and family bonding through yoga practice.

HATHA YOGA

A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.

MORNING YOGA

Start your day on a positive note. All levels are welcome to this mindful, energizing morning yoga session that addresses strength, flexibility, and balance. This fifty-minute class includes flowing postures, extended stretches,

PILATES MAT

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

YOGA

A type of exercise in which you move your body into various positions in order to become more fit or flexible, to improve your breathing, and to relax your mind.

VINYASA YOGA

Flowing sequences of yoga poses linked together by an emphasis on breathing technique.

ADULT SPORTS (Ages 18+)

OPEN GYM - BASKETBALL Open Open gym time for basketball in a fun, non-competitive atmosphere. **ALL LEVELS**

OPEN GYM - PICKLE BALL Pickleball combines elements of tennis, badminton and ping pong. It is a low impact, fun workout. **ALL LEVELS**

OPEN GYM - SOCCER A great time to play indoor soccer in a positive active environment. **ALL LEVELS**

OPEN GYM - VOLLEYBALL (18+) Play the game of volleyball. Along with athleticism, volleyball is a team sport that heavily relies on cooperation and coordination among the players to score points. **INT/ ADV LEVELS**

FITNESS CENTER ESSENTIALS PROGRAM Our program will support you in building a regular exercise routine by educating you with a four-week program with four (1x weekly) visits covering all of the basics of each fitness center including the universal equipment. **REGISTER AT THE FRONT DESK!**



@greenpointymca. Be up to date on class changes, events and special offers.