



# FLUSHING YMCA

## GROUP EXERCISE SCHEDULE

as of 04.04.2024

schedule subject to  
change without notice

YMCA Mobile App:



View Schedules  
Online:



@flushingymca

<b>Mon</b>	9:00 AM - 9:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	10:00 AM - 10:50 AM	<b>Silver Sneakers Yoga®</b>	Angela	Gymnasium
	11:00 AM - 11:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	5:00 PM - 5:50 PM	<b>POUND®</b>	Yishan	Yoga Studio
	6:00 PM - 6:50 PM	<b>Zumba®</b>	Grace	Dance Studio
	7:00 PM - 7:50 PM	<b>Total Body Conditioning</b>	Jonathan	TRX Studio
<b>Tues</b>	8:00 AM - 8:50 AM	<b>Vinyasa Yoga</b>	Mike	Yoga Studio
	9:00 AM - 9:50 AM	<b>Total Body Conditioning</b>	Angela	Gymnasium
	10:00 AM - 10:50 AM	<b>Silver Sneakers Yoga®</b>	Ranya	Gymnasium
	11:00 AM - 11:50 AM	<b>Silver Sneakers Classic®</b>	Ranya	Gymnasium
	6:30 PM - 7:20 PM	<b>Zumba Toning®</b>	Cheryl	Dance Studio
<b>Wed</b>	8:00 AM - 8:50 AM	<b>Indoor Cycling</b>	Ilda	Spin Studio
	8:00 AM - 8:50 AM	<b>Silver Sneakers Splash®</b>	Maritza	Small Pool
	8:00 AM - 8:50 AM	<b>H.I.I.T.</b>	Rolando	Yoga Studio
	9:00 AM - 9:50 AM	<b>Kickboxing</b>	Rolando	TRX Studio
	10:00 AM - 10:50 AM	<b>Zumba®</b>	Lina	Dance Studio
	10:00 AM - 10:50 AM	<b>Beginner Tai Chi</b>	Joan	Yoga Studio
	11:00 AM - 11:50 AM	<b>Intermediate Tai Chi</b>	Joan	Yoga Studio
	12:00 PM - 12:50 PM	<b>Advanced Tai Chi</b>	Joan	Yoga Studio
6:00 PM - 6:50 PM	<b>Zumba®</b>	Lina	Dance Studio	
<b>Thurs</b>	8:00 AM - 8:50 AM	<b>Silver Sneakers Splash®</b>	Maritza	Small Pool
	9:00 AM - 9:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	10:00 AM - 10:50 AM	<b>Silver Sneakers Yoga®</b>	Angela	Gymnasium
	11:00 AM - 11:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	11:00 AM - 11:50 AM	<b>Vinyasa Yoga</b>	Mike	Yoga Studio
	6:00 PM - 6:50 PM	<b>Zumba Toning®</b>	Cheryl	Dance Studio
	7:00 PM - 7:50 PM	<b>Indoor Cycling</b>	Ilda	Spin Studio
<b>Fri</b>	9:00 AM - 9:50 AM	<b>Total Body Conditioning</b>	Angela	Gymnasium
	10:00 AM - 10:50 AM	<b>Vinyasa Yoga</b>	Mike	Yoga Studio
	10:00 AM - 10:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	11:00 AM - 11:50 AM	<b>Silver Sneakers Classic®</b>	Angela	Gymnasium
	6:00 PM - 6:50 PM	<b>Zumba®</b>	Lina	Dance Studio
	6:30 PM - 7:20 PM	<b>Indoor Cycling</b>	Eddie	Spin Studio
<b>Sat</b>	9:00 AM - 9:50 AM	<b>Vinyasa Yoga</b>	Ann	Yoga Studio
	10:00 AM - 10:50 AM	<b>Zumba®</b>	Karla	Yoga Studio
	11:00 AM - 11:50 AM	<b>Tai Chi</b>	Joan	Yoga Studio
	12:00 PM - 12:50 PM	<b>Total Body Conditioning</b>	Rolando	Yoga Studio
	1:00 PM - 1:50 PM	<b>Stretching</b>	Rolando	Yoga Studio
	2:00 PM - 2:50 PM	<b>Belly Dance</b>	Ranya	Yoga Studio
3:00 PM - 4:20 PM	<b>Vinyasa Yoga</b>	Ranya	Yoga Studio	
<b>Sun</b>	9:00 AM - 9:50 AM	<b>Vinyasa Yoga</b>	Ann	Yoga Studio
	9:30 AM - 10:20 AM	<b>Indoor Cycling</b>	Liz	Spin Studio
	10:00 AM - 10:50 AM	<b>Zumba®</b>	Lina	Dance Studio
	11:00 AM - 11:50 AM	<b>Zumba Toning®</b>	Lina	Dance Studio

**RESERVATIONS IN APP REQUIRED For All Classes Except Silver Sneakers Classic/Yoga**

### RULES & REMINDERS

Arrive on time. No latecomers after 10-mins or after warmup, whichever first. 16yrs+ only. No children allowed in the studios, unless otherwise noted. Do not reserve spaces. The 10-min grace period after classes is not extra class time. Wipe down all equipment before & after use. Keep area clean. Throw out all trash. Return all equipment after use. No photography nor videos of any kind. Be courteous. Be respectful.

### ROOM LOCATIONS

Yoga Studio	Ground Floor	Behind Membership Desk
Small Pool	1 <sup>st</sup> Floor	Behind Locker Rooms
Spin Studio	2 <sup>nd</sup> Floor	Weight Room Area
Dance Studio	2 <sup>nd</sup> Floor	Near Ping Pong Room
TRX Studio	2 <sup>nd</sup> Floor	Near Ping Pong Room
Gymnasium	2 <sup>nd</sup> Floor	Basketball Court

## **Belly Dance**

A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning movements & combinations.

## **H.I.I.T**

Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity.

## **Indoor Cycling**

An intense cardio workout of simulated road bike riding to energizing music.

## **Kickboxing**

This high energy class blends athletic drills with martial arts to create an intense cardiovascular workout.

## **POUND®**

A full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses.

## **Silver Sneakers Classic®**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

## **Silver Sneakers Splash®**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning.

## **Silver Sneakers Yoga®**

Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## **Stretching**

An essential component of fitness that is often neglected or left out, this class uses a variety of stretching methods to gradually increase muscle strength and extend the range of movement at the joints.

## **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.

## **Total Body Conditioning**

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

## **Yoga**

A practice that aims to integrate body, mind, and spirit, involving physical postures, breathing techniques, and meditation or relaxation resulting in improved endurance, strength, calmness, flexibility, and more. Vinyasa Yoga focuses on the smooth flow of poses.

## **Zumba®**

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

## **Zumba Toning®**

Zumba, but with the challenge of adding resistance by using light weights helps you focus on specific muscle groups so you stay engaged!