



# FLUSHING YMCA

## GROUP EXERCISE SCHEDULE

as of 11.08.2024

schedule subject to  
change without notice

YMCA Mobile App:



View Schedules  
Online:



@flushingymca

Mon	9:00 AM - 9:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	5:00 PM - 5:50 PM	POUND®	Yishan	Yoga Studio
	6:00 PM - 6:50 PM	Zumba®	Grace	Dance Studio
	6:00 PM - 6:50 PM	Boot Camp	Rolando	TRX Studio
	7:00 PM - 7:50 PM	H.I.I.T	Rolando	Yoga Studio
	7:00 PM - 7:50 PM	Total Body Conditioning	Jonathan	TRX Studio
Tues	8:00 AM - 8:50 AM	Vinyasa Yoga	Mike	Yoga Studio
	9:00 AM - 9:50 AM	Total Body Conditioning	Angela	Gymnasium
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Ranya	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Ranya	Gymnasium
	6:30 PM - 7:20 PM	Boot Camp	Cas	Gymnasium
	6:30 PM - 7:20 PM	Zumba Toning®	Cheryl	Dance Studio
	7:30 PM - 8:20 PM	Hatha Yoga	Cas	Yoga Studio
Wed	8:00 AM - 8:50 AM	Indoor Cycling	Ilda	Spin Studio
	8:00 AM - 8:50 AM	Water Aerobics STARTS 11/13	DaNell	Small Pool
	10:00 AM - 10:50 AM	Beginner Tai Chi	Joan	Yoga Studio
	11:00 AM - 11:50 AM	Intermediate Tai Chi	Joan	Yoga Studio
	12:00 PM - 12:50 PM	Advanced Tai Chi	Joan	Yoga Studio
	6:00 PM - 6:50 PM	Kickboxing	Rolando	TRX Studio
	7:00 PM - 7:50 PM	Boot Camp	Rolando	TRX Studio
	7:00 PM - 7:50 PM	Zumba®	Nadia	Dance Studio
Thurs	8:00 AM - 8:50 AM	Water Aerobics STARTS 11/14	DaNell	Small Pool
	9:00 AM - 9:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	10:00 AM - 10:50 AM	Silver Sneakers Yoga®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Vinyasa Yoga	Mike	Yoga Studio
	6:00 PM - 6:50 PM	Zumba Toning®	Cheryl	Dance Studio
	6:00 PM - 6:50 PM	Indoor Cycling	Ilda	Spin Studio
	6:30 PM - 7:20 PM	Boot Camp	Cas	Gymnasium
	7:00 PM - 7:50 PM	H.I.I.T.	Ilda	Dance Studio
7:30 PM - 8:20 PM	Hatha Yoga	Cas	Yoga Studio	
Fri	9:00 AM - 9:50 AM	Total Body Conditioning	Angela	Gymnasium
	10:00 AM - 10:50 AM	Vinyasa Yoga	Mike	Yoga Studio
	10:00 AM - 10:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	11:00 AM - 11:50 AM	Silver Sneakers Classic®	Angela	Gymnasium
	6:30 PM - 7:20 PM	Indoor Cycling	Eddie	Spin Studio
Sat	9:00 AM - 9:50 AM	Vinyasa Yoga	Ann	Yoga Studio
	11:00 AM - 11:50 AM	Zumba®	Nadia	Spin Studio
	11:00 AM - 11:50 AM	Tai Chi	Joan	Yoga Studio
	12:00 PM - 12:50 PM	Total Body Conditioning	Rolando	Yoga Studio
	1:00 PM - 1:50 PM	Stretching	Rolando	Yoga Studio
	2:00 PM - 2:50 PM	Belly Dance	Ranya	Yoga Studio
	3:00 PM - 4:20 PM	Vinyasa Yoga	Ranya	Yoga Studio
Sun	9:00 AM - 9:50 AM	Vinyasa Yoga	Ann	Yoga Studio
	9:30 AM - 10:20 AM	Indoor Cycling	Liz	Spin Studio
	10:00 AM - 10:50 AM	Zumba®	Y Instructor	Dance Studio
	11:00 AM - 11:50 AM	Zumba Toning®	Y Instructor	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.

### **Boot Camp**

A challenging workout for your entire body, using calisthenics such as pushups, jumping jacks, crunches and other body weight exercises.

### **Hatha Yoga**

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

### **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 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.

### **Vinyasa Yoga**

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

### **Water Aerobics**

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

### **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!