



ADULT GROUP EX & SPORTS

Spring I Session | Feb 24-April 27, 2025

1.30.25

| GROUP CLASSES | DAY | START TIME | END TIME | ROOM | INSTRUCTOR | MEMBER RATE | COMM. RATE |
|--------------------------|-------|---------------------|----------|----------|-------------|--------------------|------------|
| MONDAY | | | | | | | |
| Total Body 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 | -- |
| Vinyasa Yoga | Mon | 6:00 PM - 6:50 PM | | Studio A | Alice | 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 | -- |
| Salsa | Tues | 6:30 PM - 7:20 PM | | Studio A | Lilka | Free W/ Membership | -- |
| WEDNESDAY | | | | | | | |
| Sunrise Yoga | Wed | 7:00 AM - 7:50 AM | | Gym | TBD | Free W/ Membership | -- |
| Strength Training | 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 | Runn | 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 | | | | | | | |
| Gentle Yoga | Thurs | 10:00 AM - 10:50 AM | | Gym | Erin C. | 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 | TBD | Free W/ Membership | -- |
| Boot Camp | Thurs | 6:30 PM - 7:20 PM | | Gym | Jon C. | 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 | -- |
| Yoga | Fri | 11:00 AM - 11:50 AM | | Gym | Runn | Free W/ Membership | -- |
| SATURDAY | | | | | | | |
| Sunrise 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 | -- |
| Total Body Conditioning | Sun | 10:00 AM - 10:50 AM | | Studio A | Haydy | Free W/ Membership | -- |
| Family Yoga | Sun | 10:00 AM - 10:50 AM | | Studio B | Hans | Free W/ Membership | -- |
| Stretch | Sun | 11:00 AM - 11:50 AM | | Studio A | Haydy | Free W/ Membership | -- |

| ADULT SPORTS (Ages 18+) | (Please see gym schedule for other open gym times) | | | | 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 | 7:45 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 | -- |
| Volleyball | Thurs | 7:45 PM - 9:45 PM | Gym | Open - Int /Adv. | Free W/ Membership | -- |

| PERSONAL TRAINING | MEMBER RATE | COMM. RATE |
|--|-------------|---------------|
| Package of 1 personal training session | \$98 | \$174 |
| Package of 5 personal training sessions | \$423 | \$551 |
| Package of 10 personal training sessions | \$776 | \$888 |
| Locker Room Rentals | \$21/ Month | \$252/ Annual |
| Day Pass | \$26/ 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

SALSA

Guided dance steps take you through a low-impact workout that builds upon your salsa dance routine!

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.

SUNRISE 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 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.