



FLUSHING YMCA

GROUP EXERCISE SCHEDULE

as of 1.3.2025

schedule subject to
change without notice

YMCA Mobile App:



View Schedules
Online:



@flushingymca

Day	Time	Class	Instructor	Location
Monday	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	Vinyasa Yoga STARTS 1/6	Ann	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
Tuesday	7:00 PM - 7:50 PM	Total Body Conditioning	Jonathan	TRX Studio
	8:00 AM - 8:50 AM	Indoor Cycling STARTS 1/7	Ilda	Spin Studio
	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
Wednesday	7:30 PM - 8:20PM	Hatha Yoga	Cas	Yoga Studio
	8:00 AM - 8:50 AM	Water Aerobics	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
Thursday	8:00 AM - 8:50 AM	Indoor Cycling STARTS 1/9	Ilda	Spin Studio
	8:00 AM - 8:50 AM	Water Aerobics	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
Friday	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
	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
Saturday	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
	9:00 AM - 9:50 AM	Vinyasa Yoga	Ann	Yoga Studio
Sunday	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
	1:00 PM - 1:50 PM	Total Body Conditioning	Rolando	Yoga 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

Room	Floor	Location
Yoga Studio	Ground Floor	Behind Membership Desk
Small Pool	1 st Floor	Behind Locker Rooms
Spin Studio	2 nd Floor	Weight Room Area
Dance Studio	2 nd Floor	Near Ping Pong Room
TRX Studio	2 nd Floor	Near Ping Pong Room
Gymnasium	2 nd 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!