



YMCA OF GREATER
NEW YORK
Where there's a Y,
there's a way.

Cross Island
YMCA

GROUP
EXERCISE

WINTER
SCHEDULE
Effective
as of
JANUARY
2026

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Schedules online:



Contact:
Bilqis Benu
(718) 551-9326
bbenu@ymcany.org

MONDAY

7:00 am - 7:45 am	Total Body Conditioning	John	Studio A
8:00 am - 8:45 am	Train Like An Athlete	John	Studio A
9:10 am - 10:00 am	Vinyasa Yoga	Jodi	Gymnasium
10:10am - 11:00am	AOA Cardio Conditioning	Jodi	Gymnasium
11:10 am - 11:55 am	Stretching	Jodi	Studio A
12:20pm - 1:10pm	Zumba	Debra	Gymnasium
1:15pm - 2:15pm	Line Dancing	Debra	Gymnasium
5:30 pm - 6:20 pm	Core Connections	Devoren	Studio A
6:30 pm - 7:30 pm	Train Like An Athlete	Devoren	2nd Fl. Func. Tr. Rm.
6:30 pm - 7:30 pm	Vinyasa Yoga	Gracy	Studio A

TUESDAY

7:00 am - 7:50 am	Lower Body Blast	Santi	Studio A
8:00 am - 8:50 am	Upper Body Blast	Santi	Studio A
9:00 am - 9:50 am	H.I.I.T	Jodi	Studio A
9:00 am - 9:45 am	Zumba	Debra	Gymnasium
10:00 am - 11:00 am	Cardio Sculpt	Aparna	Studio A
10:00 am - 10:50 am	Gentle Yoga	Jodi	Gymnasium
5:30 pm - 6:20 pm	Zumba	Jeanette	Studio A
6:00 pm - 6:45 pm	Indoor Cycling	John	Gymnasium
6:30 pm - 7:30 pm	Vinyasa Yoga	Gracy	Studio A
7:00 pm - 7:50 pm	Total Body Conditioning	John	Gymnasium
7:35 pm - 8:30 pm	Bollywood	Hteal	Studio A

WEDNESDAY

7:00 am - 7:50 am	Upper Body Blast	Santi	Studio A
8:00 am - 8:50 am	Lower Body Blast	Santi	Studio A
8:00 am - 8:45 am	Water Aerobics	Aparna	JK Pool
9:00 am - 9:45 am	Pilates Mat	Lisa	Gymnasium
9:00 am - 9:45 am	Total Body Conditioning	Jodi	Studio A
10:00 am - 11:00 am	Hatha Yoga	Lisa	Studio A
10:05 am - 10:55 am	AOA Chair Yoga	Jodi	Gymnasium
6:00 pm - 6:50 pm	H.I.I.T	Jodi	Studio A
7:00 pm - 7:50 pm	Stretching	Jodi	Studio A
8:00 pm - 8:45 pm	Water Aerobics	Jewel	JK Pool

THURSDAY

7:00 am - 7:45 am	Ultimate Abs	John	Studio A
8:00 am - 8:45 am	Total Body Conditioning	John	Studio A
9:00 am - 9:50 am	AOA Sit Fit	Mimi	Gymnasium
10:00 am - 10:50 am	Chair Yoga	Mimi	Gymnasium
11:00 am - 11:45 am	Pilates Mat	Mimi	Studio A
12:20 pm - 1:20 pm	Zumba	Debra	Gymnasium
5:15 pm - 6:00 pm	Total Body Conditioning	Alice	Studio A
6:05 pm - 7:00 pm	Interval Training	John	2nd Fl. Func. Tr. Rm.
6:30 pm - 7:30 pm	Vinyasa Yoga	Gracy	Studio A
7:10 pm - 7:55 pm	Indoor Cycling	John	Gymnasium

FRIDAY

8:00 am - 9:00 am	Hatha Yoga	Neeraja	Studio A
8:30 am - 9:15 am	Water Aerobics	Devoren	JK Pool
9:10 am - 10:10 am	Line Dancing	Debra	Gymnasium
10:15 am - 11:00 pm	Stretching	Debra	Gymnasium
10:00 am - 11:00 am	Cardio Circuit	Aparna	Studio A
5:30 pm - 6:15 pm	Kettlebell Circuit	Santi	Studio A
6:30 pm - 7:15 pm	H.I.I.T	Santi	Studio A

SATURDAY

9:15 am - 10:00 am	Deep Definitions	Petra	Studio A
9:15 am - 10:00 am	Family Zumba	Jeanette	Gymnasium
10:10 am - 10:55 am	Total Body Conditioning	Alice	Gymnasium
10:15 am - 11:00 am	Core Connections	Petra	Studio A

SUNDAY

9:15 am - 10:00 am	Aqua Bootcamp	Petra	JK Pool
9:30 am - 10:15 am	Pilates	Aparna	Studio A
10:30 am - 11:15 am	Zumba	Nadia	Studio A