



GREENPOINT YMCA

ADULT GROUP EX & SPORTS

Spring I Session | February 23, 2026 - April 26, 2026

Updated 1.29.26

| 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 A | 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 | Bethany L. | Free W/ Membership | -- |
| Water Aerobics - Adv | Mon | 7:00 PM - 8:00 PM | | Pool | Bethany L. | Free W/ Membership | -- |
| TUESDAY | | | | | | | |
| Mat Pilates | Tues | 8:00 AM - 8:50 AM | | Studio A | Elena | Free W/ Membership | -- |
| AOA Silver Sneakers | Tues | 9:00 AM - 9:50 AM | | Studio A | Bethany L. | Free W/ Membership | -- |
| Gentle Yoga | Tues | 10:00 AM - 10:50 AM | | Gym | Erin C. | 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 | | Studio A | Brianna | Free W/ Membership | -- |
| Strength Training | Wed | 10:00 AM - 10:50 AM | | Gym | 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 | | Studio A | Runn | Free W/ Membership | -- |
| Vinyasa Yoga | Wed | 6:30 PM - 7:20 PM | | Gym | Erin C. | Free W/ Membership | -- |
| Zumba® | Wed | 6:30 PM - 7:20 PM | | Studio A | Sarah | 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 | Jorge C. | 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 | | Studio A | Runn | Free W/ Membership | -- |
| SATURDAY | | | | | | | |
| Sunrise Yoga | Sat | 8:00 AM - 8:50 AM | | Studio B | 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 | -- |
| Yoga | Sun | 11:00 AM - 11:50 AM | | Studio B | Haydy | Free W/ Membership | -- |
| ADULT SPORTS (Ages 18+) (Please see gym schedule for other open gym times) | | | | | | | |
| 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 | -- |
| Basketball | Sat | 9:00 AM - 9:50 AM | | Gym | Open - All levels | Free W/ Membership | -- |
| Basketball | Sun | 10:00 AM - 11:50 AM | | Gym | Open - All levels | Free W/ Membership | -- |
| Badminton | Wed | 7:30 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 | 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 | | | | | | | |
| New Member 3 Session PT | | | | | | --- | \$170 |
| Package of 2 personal training session | | | | | | \$135 | \$174 |
| Package of 5 personal training sessions | | | | | | \$444 | \$551 |
| Package of 10 personal training sessions | | | | | | \$815 | \$888 |
| Locker Room Rentals | | | | | | \$22/ Month | \$264/ Annual |
| Day Pass | | | | | | \$27/ 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.**

ACTIVE OLDER ADULTS

AOA SILVER SNEAKERS

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.

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 aerobic 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.

CONDITIONING

ADULT BALLET

A technique class that places emphasis and attention on alignment and placement of the body.

BOOT CAMP

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

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

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

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,

MAT PILATES

Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility.

STRETCH

Improve flexibility, relieve tension, and leave feeling both relaxed and revitalized. Through a series of gentle yet effective stretching exercises, you'll increase your range of motion, enhance circulation, and release stress held in the body. Perfect for all fitness levels, this class offers a blend of relaxing stretches and invigorating movements that help you reset and recharge.

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 - BADMINTON

Enjoy fast-paced fun and friendly competition with our badminton program for all skill levels! **ALL LEVELS**

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 FREE 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.