



GREENPOINT YMCA

ADULT GROUP EX & SPORTS

Fall I Session | September 8 - November 1, 2026

Updated 9.1.26

GROUP CLASSES	DAY	START TIME	END TIME	ROOM	INSTRUCTOR	MEMBER RATE	COMM. RATE
MONDAY							
Morning Meditation	Mon	8:00 AM - 8:50 AM		Studio A	Anne V.	Free W/ Membership	NEW CLASS
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 (80 min)	Mon	6:00 PM - 7:20 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	6:00 PM - 6:50 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	7:00 PM - 7:50 PM		Studio A	Lucresse	Free W/ Membership	--
THURSDAY							
Power Yoga	Thurs	8:00 AM - 8:50 AM		Studio A	Anne V.	Free W/ Membership	NEW CLASS
Gentle Yoga	Thurs	10:00 AM - 10:50 AM		Studio A	Erin C.	Free W/ Membership	--
Cardio Strength Training	Thurs	12:00 PM - 12:50 PM		Gym	Jon C.	Free W/ Membership	--
Aqua Zumba	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							
Baby & Me Yoga	Fri	9:00 AM - 9:50 AM		Studio A	Adele L.	Free W/ Membership	NEW CLASS
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	Anne V.	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 A	Anne V.	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)				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	--
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	--
Volleyball	Thurs	7:45 PM - 9:45 PM	Gym	Open - Int /Adv.	Free W/ Membership	--

PERSONAL TRAINING	MEMBER RATE	COMM. RATE
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. BEGINNER TO INTERMEDIATE.
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AQUA FITNESS

AQUA ZUMBA	Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss!
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

BOOT CAMP	A challenging workout for your entire body, using calisthenics such as push-ups, jumping jacks, crunches, and other body weight exercises. INTERMEDIATE TO ADVANCED.
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	Salsa classes focus on basic rhythm and movement to improve musicality and dance skills. BEGINNER TO INTERMEDIATE
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
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MIND/ BODY

BABY & ME YOGA	Designed for postpartum recovery, this class welcomes mothers, fathers, and caregivers to strengthen the core and pelvic floor while bonding with their baby through movement, songs, and play. Appropriate for babies ages 6 weeks until walking; participants who delivered via C-section are generally advised to wait until 8 weeks postpartum before participating.
FAMILY YOGA	A class designed to promote physical fitness, relaxation, and family bonding through yoga practice.
GENTLE YOGA	Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation.
HATHA YOGA	A yoga class that integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen and condition.
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.
MORNING MEDITATION	Instructor-led classes that combine guided breathing, mindfulness, and body awareness to reduce stress, improve focus, and promote relaxation providing a calming mental reset that complements your physical wellness routine.
POWER YOGA	A more athletic-based yoga class with challenging movements.
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.
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, and a final relaxation/meditation cool-down.
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 - VOLLEYBALL	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.