

FITNESS CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45AM Abs and Tone	7:00 - 7:45AM Core Cardio	10:00 - 11:00AM Silver Sneakers	7:00 - 7:45AM Core Cardio	7:00 - 7:45AM Abs and Tone	8:00 - 8:45AM Spin	
10:00 - 10:45AM Zumba Gold	9:00 - 9:45AM Strength and Balance	11:00-11:45AM Zumba Toning		10:00-10:45AM Zumba Gold		9:00 - 9:45AM Spin
12:00 - 12:45PM Tai-Chi	10:00 - 10:45AM Mat Pilates	12:00 - 12:45PM Tai-Chi		11:00-11:45AM Super 7 Stretch		
1:00 - 1:45PM Mat Pilates				12:00-12:45PM Better Balance		
6:00 - 6:45PM Cardio Kickboxing	5:45 - 6:45PM Abs and Tone	6:00 - 6:45PM Strength and Mobility Through Movement				

FITNESS CLASSES - POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00AM Silver Splash	9:00 - 10:00AM Water Funk	9:00 - 10:00AM Aqua Zumba	9:00 - 10:00AM Water Funk		8:00 - 09:00AM Aqua Flex	
	10:00 - 11:00AM Water Funk		10:00 - 11:00AM Water Funk	9:00 - 10:00AM Silver Splash	9:00 - 10:00AM Aqua Flex	
	6:00 - 6:45PM. Deep Water Conditioning		6:00 - 6:45PM Deep Water Conditioning			

*Please note Fitness Class in the pool require a 48 hrs. reservations.

**New Rochelle
YMCA**
914-632-1818
nrymca.org
50 Weyman
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New Rochelle,
N.Y. 10805

the 
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Class Description

