FITNESS CLASSES									
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
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					
9:00 - 9:45AM Strength and Balance	11:00-11:45AM Zumba Toning		10:00-10:45AM Zumba Gold		9:00 - 9:45AM Spin				
10:00 - 10:45AM Mat Pilates	12:00 - 12:45PM Tai-Chi		11:00-11:45AM Super 7 Stretch						
			12:00-12:45PM Better Balance						
5:45 - 6:45PM Abs and Tone	6:00 - 6:45PM Strength and Mobility Through Movement								
	7:00 - 7:45AM Core Cardio 9:00 - 9:45AM Strength and Balance 10:00 - 10:45AM Mat Pilates 5:45 - 6:45PM	TUESDAY WEDNESDAY 7:00 - 7:45AM 10:00 - 11:00AM Core Cardio Silver Sneakers 9:00 - 9:45AM 11:00-11:45AM Zumba Strength and Balance Toning 10:00 - 10:45AM 12:00 - 12:45PM Mat Pilates Tai-Chi 5:45 - 6:45PM 6:00 - 6:45PM Abs and Tone Strength and Mobility	TUESDAY WEDNESDAY THURSDAY 7:00 - 7:45AM 10:00 - 11:00AM 7:00 - 7:45AM Core Core Cardio Silver Sneakers Cardio 9:00 - 9:45AM 11:00-11:45AM Zumba Strength and Balance Toning 10:00 - 10:45AM 12:00 - 12:45PM Mat Pilates Tai-Chi 5:45 - 6:45PM 6:00 - 6:45PM Abs and Tone Strength and Mobility	TUESDAY WEDNESDAY THURSDAY FRIDAY 7:00 - 7:45AM 10:00 - 11:00AM 7:00 - 7:45AM Core 7:00 - 7:45AM Abs and Tone 9:00 - 9:45AM 11:00-11:45AM Zumba 10:00-10:45AM Zumba Gold 10:00 - 10:45AM 12:00 - 12:45PM 11:00-11:45AM Super 7 Stretch Mat Pilates Tai-Chi 12:00-12:45PM Better Balance 5:45 - 6:45PM 6:00 - 6:45PM Strength and Mobility Strength and Mobility	TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY 7:00 - 7:45AM 10:00 - 11:00AM 7:00 - 7:45AM Core 7:00 - 7:45AM 8:00 - 8:45AM Solver Sneakers Cardio Abs and Tone Spin 9:00 - 9:45AM 11:00-11:45AM Zumba 2umba Gold 10:00 - 10:45AM 12:00 - 12:45PM 11:00-11:45AM Mat Pilates 12:00 - 12:45PM Super 7 Stretch 12:00-12:45PM Better Balance 5:45 - 6:45PM 6:00 - 6:45PM Abs and Tone Strength and Mobility				

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 Agua 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
Avenue
New Rochelle,
N.Y. 10805



