



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: 1/5/2022 TO 1/29/2022

- (S) - Upstairs Studio
- (P) - Pool
- (G) - Basketball Gym
- (Q) - Squash Court
- (Sp) - Spinning Studio
- (Z) - Zoom Streaming
- (O) - Outside
- (*) - New to schedule

Facility Hours:
M-F 6:00AM-9:00PM
Sat. 7:00AM-5:00PM
Sun 12:00PM-5:00PM

Registration is required for all group exercise classes - no guests, drop-ins or nationwide YMCA members

To reserve your spot for a class please visit our website or call us at (914) 632-1818

Schedule subject to change without notice.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|
| | 6:00-6:45AM Spinning (Sp) (Don) | | 6:00-6:45AM Spinning (Sp) (Don) | 6:00- 6:45AM Power Pump (S) (Mila) | |
| 7:00-7:45AM Power Pump (S) (Tamika) | 7:00-7:45AM Boot Camp (G) (Offutt) | | 7:00-7:45AM Boot Camp (G) (Offutt) | 7:00- 7:45AM MMA4U (S) (Stefan) | 8:00-8:45AM Spinning (Sp) (Don) |
| 9:00-9:45AM Silver Splash (P) (Angela) | 9:00-9:45AM Water Funk (P) (Offutt) | 9:00-9:45AM Aqua Zumba (P)(Angela) | 9:00-9:45AM Water Funk (P)(Offutt) | 8:00-8:45AM Spinning (Sp) (Don) | 9:00-9:45AM Aqua Flex (P)(Tracy) |
| 10:30-11:15AM Zumba Gold (G)(Angela) | 10:00-10:45AM Silver Sneakers (G)(Mila) | 10:30-11:15AM Silver Sneakers (G)(Angela) | 4:00-4:45PM Teen W. Warrior (Sp) (Offutt) | 9:00-9:45AM Silver Splash (P) (Mila) | 10:15-11:00AM Glide Fit (P) (Tracy) |
| 12:00-12:45PM Tai-Chi (S) (Angela) | 11:00-11:45PM Chair Stretch (G)(Mila) | 12:00-12:45PM Tai-Chi (S) (Angela) | 5:00-5:45PM Wholistic Warrior (Q) (Offutt) | 10:00-10:45AM Zumba Gold (G) (Mila) | 1:00-1:45PM Turbo Boxing (G) (Kristal) |
| 12:00-12:45PM Mindful Movement (S) | 5:00-5:45PM Lifeguard Prep (P) (Offutt) | | 5:00-5:45PM Lifeguard Prep (P) (Zack) | 11:00-11:45AM Chair Stretch (G) (Mila) | |
| 1:00-1:45PM Latin Social Dance (S) | 5:00-5:45PM Teen Circuit (Q) (Offutt) | | 6:00-6:45PM Abs & Tone (S) (Don) | 12:00-12:45PM Moving for Better Balance (S)(Angela) | |
| 7:00-7:45PM MMA4U (S) (Stefan) | 6:00-6:45PM Circuit Training (Q) (Offutt) | | 6:00-6:45PM Deep Water Conditioning (P) (Tracy) | 7:00-7:45PM Turbo Boxing (G) (Kristal) | |
| | 6:00-6:45PM Deep Water Conditioning (P) (Tracy) | | 7:00-7:45PM Zumba* (S) (Jo Jo) | | |
| | 7:00-7:45PM Zumba Toning* (S) (Angela) | | | | |

Abs & Tone - This class will focus on trimming and toning the core of the body – abdominals, lower back, hips, glutes, and thighs.

Aqua Flex - This mind body connection class focuses on balance, core strength, flexibility, and relaxation. Good **class** for people with arthritis, fibromyalgia or joint replacement. Perfect for beginning and intermediate fitness levels.

Aqua Zumba® - Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Body Strength - Ideal workout to get lean , toned and fit - fast. Using light to moderate weights with lots of repetition.

Bootcamp – Start your day right with Bootcamp, a "Non-Aerobic" class that integrates functional movements performed at high intensity for max results. This is an all over body workout that focuses on building core and cardio. This is a great class for members with a limited schedule and looking for quick and effective class to work on their strength and cardio before work.

Boxing - In this conditioning class combines strength work and cardio conditioning to strike a total body balance. Move through a series of seven 3-minute rounds, alternating between speed and power. Hit your core with extra attention before class ends.

Caribbean Dance - Dance and connect to the rhythms from all over the African and Caribbean diaspora. We connect mind body and soul through innovative yet simple choreographies, giving participants the opportunity to work up a nice sweat.

Glide Fit - This class takes place in a pool and involves a special floating board that students balance on. It's comparable to working out on a boat, but a boat with a unique floor that rocks back and forth underneath you. Each class type starts with an introduction to the equipment followed by a short warm up. This is a great class for students looking for a fun and unique way of building flexibility and balance.

Moving for Better Balance - Moving for Better Balance is a 12-week evidence-based falls prevention program that uses the principles and movements of Tai Chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities.

MMA4U - In this mixed martial arts class, you will use many of the techniques in MMA including punching, kicking and effective stance work. This is a great class for members looking to learn more about the skills in MMA while working on their conditioning.

Silver Sneakers - The SilverSneakers workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support. This is a great group exercise class for older members looking for exercise techniques that work on strength, balance, and flexibility.

Silver Splash - This is a fun, shallow-water exercise class that uses water resistance training to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Spinning - Indoor cycling, studio cycling or 'spinning' is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session. Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles. Great for members looking for a a quick and effective class.

Tai Chi - Also called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. ... Tai chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation.

Turbo Boxing - This class is a great cardio workout using the basics of boxing. Learn boxing techniques such as how to effectively punch and how to evade. This is a great group exercise class for members interested in a bootcamp style program while learning the fundamentals of pugilist skills.

Walk with Ease - In this 6 week class developed by the Arthritis Foundation, participating members will be guided on techniques on how to control pain associated with arthritis and joint care issues. Part lecture, part walking group this program meets at the New Rochelle Y but takes place outside.

Water Funk - Join us for an effective water resistant workout, while minimizing impact on joints. Great for older members looking to improve strength, mobility, flexibility, and endurance.

Yoga (Includes Sunrise Yoga) - Get your day flowing with stretching, relaxing and centering with various yoga poses. This class combines physical postures, breathing techniques, and meditation or relaxation. This is a great group exercise class for members looking to work on flexibility, balance and focus.

Zumba– We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness