



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Fitness Class Schedule: 09/26/23-10/01/23

(S)- Upstairs Studio
(P)- Pool
(G)- Basketball Gym
(Sp)- Spinning Studio
(Rc)- Racquetball Court

Facility Hours:

M-F: 6AM-9PM

Sat: 7AM-6PM

Sun: 8AM-6PM

(5) Participants must be in

Attendance for class to take
Place.

New Rochelle YMCA

P: (914)-632-1818

WWW.NRYMCA.ORG

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00-6:45AM Spinning (SP) (Don)	6:00-6:45AM Sunrise Yoga (S) (Armen)	6:00-6:45AM Spinning (SP) (Don)			
7:00-7:45AM Abs & Tone (S) (Don)	7:00-7:45AM Bootcamp (G) (Offutt)		7:00-7:45AM Boot Camp (G) (Offutt)	7:00-7:45AM Power Pump (S) (Mila)		
					8:00-8:45AM Spinning (SP) (Don)	8:00-8:45AM Sunrise Yoga (S) (Armen)
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)	9:00-9:45AM Silver Splash (P) (Mila)	9:00-9:45AM Aqua Flex (P) (Jasmine)	9:00-9:45AM Spinning (SP) (Don)
	10:00-10:45AM Silver Sneakers (G) (Mila)		10:00-10:45AM Zumba Toning (G) (Angela)	10:00-10:45AM Zumba Gold (G) (Mila)	9:00-9:45AM Piloxing (S) (Kila)	10:30-11:15AM Zumba (S) (Mila)
	11:00-11:45AM Chair Stretch (G) (Mila)		11:00-11:45AM Silver Sneakers (G) (Angela)	11:00-11:45AM Chair Stretch (G) (Mila)	11:00-11:45AM Self-Defense (Rc) (Cheryl)	
	12:00- 12:45PM Tai-Chi (S) (Angela)		12:00- 12:45PM Tai-Chi (S) (Angela)	12:00-12:45PM Better Balance (S) (Angela)		
1:30-3:30PM Walk With Ease (G) (Angela)	5:45-6:45PM Abs & Tone (S) (Don)	1:30-3:30PM Walk With Ease (G) (Angela)	5:15-6:00PM ZenGravity Yoga (S) (Gilda)	1:30-3:30PM Walk With Ease (G) (Angela)		
6:00-6:45PM Cardio Kickboxing (S) (Kila)	6:00-6:45PM Deep Water Cond. (P) (Jasmine)	6:00-6:45PM Strength & Flexibility (S) (Jasmine)	6:00-6:45PM Deep Water Cond. (P) (Offutt)	6:00-6:45PM Y-Circuit (S) (Jasmine)		
7:00-7:45PM Yoga (S) (Armen)	7:00-7:45PM Zumba (S) (Angela)	7:00-7:45PM Y-Cool Down (S) (Jasmine)	7:00-7:45PM Zumba (S) (JohJoh)			

Updated: 09.26.23