

Group Fitness Class Schedule: 11/16/23 to 11/30/23

FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

- (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

Five participants must be in attendance for class to take place

	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)			
	7:00-7:45PM 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)		
		8:00-9:45AM Water Funk (P) (Offutt)				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 Zumba Gold (G) (Angela)		10:00-10:45AM Silver Sneakers (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 Zumba Toning (S) (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)		
		5:45-6:45PM Abs & Tone (S) (Don)					
	6:00-6:45PM Cardio Kickboxing (S) (Kila)	6:30-7:15PM Aqua Bootcamp (P) (Jasmine)	5:00-5:45PM Teen Holistic Warrior (S) (Offutt)	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)	6:00-6:45PM Strength & Flexibility (S) (Jasmine)	5:15-6:00PM ZenGravity Yoga (S) (Gilda)			
			7:00-7:45PM Y- Cool Down (S) (Jasmine)	7:00-7:45PM Zumba (S) (JohJoh)			

New Rochelle YMCA - (914) 632-1818 www.nrymca.org

Updated: 11/16/2023