

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	7:00 - 7:45AM Spin	8:00 - 8:45AM Yoga
10:00 - 10:45AM Zumba Gold	9:00 - 9:45AM Power Parent Hour	11:00-11:45AM Zumba Toning		10:00-10:45AM Zumba Gold		9:00 - 8:45AM 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				4:00 - 5:00PM Strength Lab for Teens
	7:00 - 7:45PM Yoga		7:00 - 7:45PM Yoga			

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	9:00 - 10:00AM Silver Splash	9:00 - 10:00AM Aqua Flex	
	10:00 - 11:00AM Water Funk		10:00 - 11:00AM Water Funk			
	6:00 - 6:45PM. Deep Water Conditioning		6:00 - 6:45PM Deep Water Conditioning			



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Class Description

New Rochelle YMCA

914-632-1818
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New Rochelle, N.Y. 10805

