

FITNESS CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45AM Abs and Tone PLUS	7:00 - 7:45AM Core Cardio	9:00-9:45AM Boxing Bootcamp	7:00 - 7:45AM Core Cardio PLUS	7:00 - 7:45AM Abs and Tone	8:00 - 8:45AM Spin	
9:00-9:45AM Strength and Conditioning	9:00-9:45AM Mat Pilates PLUS	10:00 - 11:00AM Silver Sneakers	9:00-9:45AM Mat Pilates	10:00-10:45AM Zumba Gold	9:00-9:45AM Step & Sculpt	
10:00 - 10:45AM Zumba Gold		11:00-11:45AM Zumba Toning	11:00-11:45AM Yoga PLUS	11:00-11:45AM Super 7 Stretch		
11:00-11:45AM Silver Sneakers		12:00 - 12:45PM Tai-Chi PLUS		12:00-12:45PM Better Balance		
12:00-12:45PM Tai-Chi PLUS	5:45 - 6:45PM Abs and Tone	6:00 - 6:45PM Strength and Mobility Through Movement	6:00-6:45PM Yoga			
6:00-6:45AM Cardio Kickboxing						

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 - 9:00AM Aqua Flex	
	10:00 - 11:00AM Water Funk PLUS		10:00 - 11:00AM Water Funk PLUS	9:00 - 10:00AM Silver Splash	9:00 - 10:00AM Aqua Flex PLUS	
	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.

***Please note: a PLUS membership is required to attend these classes**

**New Rochelle
YMCA**
914-632-1818
nrymca.org
50 Weyman
Avenue
New Rochelle,
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the 
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Class Description

