

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

FITNESS CLASSES - POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00AM <b>Silver Splash</b>	8:45 - 9:45AM <b>Water Funk</b>	9:00 - 10:00AM <b>Aqua Zumba</b>	8:45 - 9:45AM <b>Water Funk</b>		8:00 - 9:00AM <b>Aqua Flex</b>	
	9:45 - 10:45AM <b>Water Funk PLUS</b>		9:45 - 10:45AM <b>Water Funk PLUS</b>	9:00 - 10:00AM <b>Silver Splash</b>	9:00 - 10:00AM <b>Aqua Flex PLUS</b>	
	6:00 - 6:45PM. <b>Deep Water Conditioning</b>		6:00 - 6:45PM <b>Deep Water Conditioning</b>			
	Please note Fitness Class in the pool require a 48 hrs. reservations.			<b>New Rochelle YMCA</b>		Scan Here for PDF Class Description
	<b>*Please note: a PLUS membership is required to attend these classes</b>			914-632-1818 nrymca.org 50 Weyman Avenue New Rochelle, N.Y. 10805		





