

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

FITNESS CLASSES - POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 10:00AM Silver Splash	8:45 - 9:45AM Water Funk	9:00 - 10:00AM Aqua Zumba	8:45 - 9:45AM Water Funk		8:00 - 9:00AM Aqua Flex	
	9:45 - 10:45AM Water Funk PLUS		9:45 - 10:45AM 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 48 hrs. reservations**



New Rochelle YMCA 914-632-1818

50 Weyman Avenue, New Rochelle, N.Y. 10805

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

nrymca.org

Scan Here for PDF Class Description



