

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

| FITNESS CLASSES - POOL                 |                                                  |                                     |                                                 |                                        |                                         |        |
|----------------------------------------|--------------------------------------------------|-------------------------------------|-------------------------------------------------|----------------------------------------|-----------------------------------------|--------|
| MONDAY                                 | TUESDAY                                          | WEDNESDAY                           | THURSDAY                                        | FRIDAY                                 | SATURDAY                                | SUNDAY |
| 9:00 - 10:00AM<br><b>Silver Splash</b> | 9:00 - 10:00AM<br><b>Water Funk</b>              | 9:00 - 10:00AM<br><b>Aqua Zumba</b> | 9:00 - 10:00AM<br><b>Water Funk</b>             |                                        | 8:00 - 9:00AM<br><b>Aqua Flex</b>       |        |
|                                        | 10:00 - 11:00AM<br><b>Water Funk PLUS</b>        |                                     | 10:00 - 11:00AM<br><b>Water Funk PLUS</b>       | 9:00 - 10:00AM<br><b>Silver Splash</b> | 9:00 - 10:00AM<br><b>Aqua Flex PLUS</b> |        |
|                                        | 6:00 - 6:45PM.<br><b>Deep Water Conditioning</b> |                                     | 6:00 - 6:45PM<br><b>Deep Water Conditioning</b> |                                        |                                         |        |

**\*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**

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