

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 CardioPLUS	7:00 - 7:45AM Abs and Tone	8:00 - 8:45AM Spin	
	9:00-9:45AM Mat Pilates PLUS		9:00-9:45AM Mat Pilates		9:00-9:45AM Step & Sculpt	
10:00 - 10:45AM Zumba Gold		10:00 - 11:00AM Silver Sneakers		10:00-10:45AM Zumba Gold		
11:00-11:45AM Silver Sneakers		11:00-11:45AM Zumba Toning	11:00-11:45AM Yoga PLUS	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		5:05-5:50PM Cardio Core			
6:00-6:45AM Cardio Kickboxing		6:00 - 6:45PM Strength and Mobility Through Movement	6:00-6:45PM Hiit Class			
			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		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	4:00 - 5:00PM Hydro Core		
	Please note Fitness Class in the pool require a 48 hrs. reservations.			New Rochelle YMCA		Scan Here for PDF Class Description
	*Please note: a PLUS membership is required to attend these classes			914-632-1818 nrymca.org 50 Weyman Avenue New Rochelle, N.Y. 10805		