

FITNESS CLASSES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45AM <b>Abs and Tone</b>	7:00 - 7:45AM <b>Core Cardio</b>	10:00 - 11:00AM <b>Silver Sneakers</b>	7:00 - 7:45AM <b>Core Cardio</b>	7:00 - 7:45AM <b>Abs and Tone</b>	8:00 - 8:45AM <b>Spin</b>	8:00 - 8:45AM <b>Yoga</b>
10:00 - 10:45AM <b>Zumba Gold</b>	9:00 - 9:45AM <b>Power Parent Hour</b>	11:00-11:45AM <b>Zumba Toning</b>		10:00-10:45AM <b>Zumba Gold</b>		9:00 - 9:45AM <b>Spin</b>
12:00 - 12:45PM <b>Tai-Chi</b>	10:00 - 10:45AM <b>Mat Pilates</b>	12:00 - 12:45PM <b>Tai-Chi</b>		11:00-11:45AM <b>Super 7 Stretch</b>		
1:00 - 1:45PM <b>Mat Pilates</b>				12:00-12:45PM <b>Better Balance</b>		
6:00 - 6:45PM <b>Cardio Kickboxing</b>	5:45 - 6:45PM <b>Abs and Tone</b>	6:00 - 6:45PM <b>Strength and Mobility Through Movement</b>				4:00 - 5:00PM <b>Strength Lab for Teens</b>
	7:00 - 7:45PM <b>Yoga</b>		7:00 - 7:45PM <b>Yoga</b>			

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

**New Rochelle YMCA**

914-632-1818  
nrymca.org  
50 Weyman Avenue  
New Rochelle, N.Y. 10805



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Class Description

