



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: 1/4/2021 TO 1/20/2021

Locations:
 (S) - Upstairs Studio
 (P) - Pool
 (G) - Basketball Gym
 (Q) - Squash Court
 (Sp) - Spinning Studio
 (Z) - Zoom Streaming
 (*) - New to schedule

Facility Hours:
 M-F 6:00AM to 8:00PM
 Sat. 7:00AM to 5:00PM

Registration is required
 for all group exercise
 classes - no guests,
 drop-ins or nationwide
 YMCA members

To reserve your spot for
 a class please visit our
 website or call us at
 (914) 632-1818

Schedule subject to
 change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
X	6:00-6:45AM Spinning (Sp) (Don)	X	6:00-6:45AM Spinning (Sp) (Don)	X	X	X
7:00-7:45AM Body Strength (S) (Tamika)	7:00-7:45AM Boot Camp (G) (Offutt)	7:00-7:45AM Turbo Boxing (G) (Kristal)	7:00-7:45AM Boot Camp (G) (Offutt)	7:00-7:45AM MMA4U (S) (Stefan)	8:00-8:45AM Spinning (Sp) (Don)	X
9:00-9:45AM Silver Splash (P) (Angela)	9:00-9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Aqua Zumba (P) (Angela)	9:00-9:45AM Water Funk (P) (Offutt)	9:00-9:45AM Silver Splash (P) (Mila)	9:00-9:45AM Aqua Flex (P) (Tracy)	X
10:30-11:15AM Zumba Gold (G)(Z) (Angela)	10:00-10:45AM Silver Sneakers (G)(Z) (Mila)	10:30-11:15AM Silver Sneakers (G)(Z) (Angela)	4:00-4:45PM Teen W. Warrior (Sq) * (Offutt)	10:00-10:45AM Zumba Gold (G)(Z) (Mila)	10:15-11:00AM Glide Fit (P) (Tracy)	X
7:00-7:45PM MMA4U (S) (Stefan)	5:00-5:45PM Teen Circuit (Q) * (Offutt)	X	6:00-6:45PM Wholistic Warrior (Sq) * (Offutt)	5:00-5:45PM Teen Butt & Gutt (S) * Offutt	X	X
X	6:00-6:45PM Circuit Training * (Q) (Offutt)	X	6:00-6:45PM Abs & Tone (Don)	6:00-6:45PM Butt & Gutt (S) * (Offutt)	X	X
X	7:00-7:45PM Caribbean Dance (S) (Gina)	X	6:15PM- 7:00PM Glide Fit	X	X	X

Classes with a (Z) will also be streamed via Zoom.

To join visit: <https://zoom.us/j/5558497274> Meeting ID: 555 849 7274

Group Exercise Class Descriptions

Abs & Tone - This class will focus on trimming and toning the core of the body – abdominals, lower back, hips, glutes, and thighs.

Aqua Flex - This mind body connection class focuses on balance, core strength, flexibility, and relaxation. Good class for people with arthritis, fibromyalgia or joint replacement. Perfect for beginning and intermediate fitness levels.

Aqua Zumba® - Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Body Strength - Ideal workout to get lean, toned and fit - fast. Using light to moderate weights with lots of repetition.

Bootcamp – Start your day right with Bootcamp, a "Non-Aerobic" class that integrates functional movements performed at high intensity for max results. This is an all over body workout that focuses on building core and cardio. This is a great class for members with a limited schedule and looking for a quick and effective class to work on their strength and cardio before work.

Boxing - In this conditioning class combines strength work and cardio conditioning to strike a total body balance. Move through a series of seven 3-minute rounds, alternating between speed and power. Hit your core with extra attention before class ends.

Butt & Gutt (AKA Teen Butt & Gutt) - A Boot Camp style body eight based exercise session that focuses on the core muscles, glutes, abs, back, quads and hamstrings.

Caribbean Dance - Dance and connect to the rhythms from all over the African and Caribbean diaspora. We connect mind body and soul through innovative yet simple choreographies, giving participants the opportunity to work up a nice sweat.

Circuit Training - A full body and interval session based on using linear resistance machines and body weight exercises.

Glide Fit - This class takes place in a pool and involves a special floating board that students balance on. It's comparable to working out on a boat, but a boat with a unique floor that rocks back and forth underneath you. Each class type starts with an introduction to the equipment followed by a short warm up. This is a great class for students looking for a fun and unique way of building flexibility and balance.

MMA4U - In this mixed martial arts class, you will use many of the techniques in MMA including punching, kicking and effective stance work. This is a great class for members looking to learn more about the skills in MMA while working on their conditioning.

Silver Sneakers - The SilverSneakers workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support. This is a great group exercise class for older members looking for exercise techniques that work on strength, balance and flexibility.

Silver Splash - This is a fun, shallow-water exercise class that uses water resistance training to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Spinning - Indoor cycling, studio cycling or 'spinning' is a high-intensity exercise on a stationary bike. It combines cardio and endurance in a 45-minute calorie-crunching session. Not only is it great for giving you all the cardiovascular gains, but it's great at toning muscles. Great for members looking for a quick and effective class.

Turbo Boxing - This class is a great cardio workout using the basics of boxing. Learn boxing techniques such as how to effectively punch and how to evade. This is a great group exercise class for members interested in a bootcamp style program while learning the fundamentals of pugilist skills.

Water Funk - Join us for an effective water resistant workout, while minimizing impact on joints. Great for older members looking to improve strength, mobility, flexibility, and endurance.

Wholistic Warrior (AKA Teen W. Warrior) - An Aspiration Elevation Program, where through High Interval Training (HIIT) we will have you commit to desired personal goals, develop focusing cues and/or mantras to follow so you can reach higher heights spiritually, mentally and physically. Participants are encouraged to commit to 90 day program to get best results.

Yoga (Includes Sunrise Yoga) - Get your day flowing with stretching, relaxing and centering with various yoga poses. This class combines physical postures, breathing techniques, and meditation or relaxation. This is a great group exercise class for members looking to work on flexibility, balance and focus.

Zumba– We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba Gold - Active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination