



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: 3/22/2021 TO 4/4/2021

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

Facility Hours:
M-F 6:00AM-9:00PM
Sat. 7:00AM-5:00PM
Sun 12:00PM-4:00PM

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
12:00-12:15PM Tai-Chi* (G)(Z) (Angela)	5:00-5:45PM Teen Circuit (Q) (Offutt)	12:00-12:15PM Tai-Chi* (G)(Z) (Angela)	5:00-5:45PM Wholistic Warrior (Sq) (Offutt)	4:00-5:00PM Walk with Ease (O) (Zachary)	X	X
4:00-5:00PM Walk with Ease (O) (Zachary)	6:00-6:45PM Circuit Training (Q) (Offutt)	4:00-5:00PM Walk with Ease (O) (Zachary)	6:00-6:45PM Abs & Tone (S) (Don)	5:00-5:45PM Teen Hip Hop (S) * (Saibhan)	X	X
7:00-7:45PM MMA4U (S) (Stefan)	7:00-7:45PM Caribbean Dance (S) (Gina)	7:00-7:45PM Step It Up (S) (Tyrone)	6:15-7:00PM Glide Fit (P) (Tracy)	5:00-5:45PM Teen Butt & Gutt (SQ) * Offutt	X	X
X	X	X	7:00-7:45PM Hip Hop X (S) (Saibhan)	6:00-6:45PM Butt & Gutt (SQ) * (Offutt)	X	X
X	X	X	X	7:00-7:45PM Turbo Boxing (G) (Kristal)	X	X

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

NEW ROCHELLE YMCA

50 Weyman Ave, New Rochelle, New York 10805

P 914 632 1818 www.nrymca.org

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

Updated 3.19.21