



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

January Group Fitness Class Schedule: 01/01/23 to 01/31/23

(S)- Upstairs Studio

(P)- Pool

(G)- Basketball Gym

(Sp)- Spinning Studio

Facility Hours:

M-F: 6AM-9PM

Sat: 7AM-6PM

Sun: 8AM-6PM

(5) Participants must be in

Attendance for class to take

Place.

New Rochelle YMCA

P: (914)-632-1818

WWW.NRYMCA.ORG

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00-6:45AM Spinning (SP) (Don)		6:00-6:45AM Spinning (SP) (Don)			
	7:00-7:45AM Power Pump (S) (Mila)	7:00-7:45AM Bootcamp (G) (Offutt)		7:00-7:45AM Boot Camp (G) (Offutt)	7:00-7:45AM Power Pump (S) (Mila)		
					8:00-8:45AM Breath, Stretch, Strengthen (G) (Mila)	8:00-8:45AM Spinning (SP) (Don)	
	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)	9:00-9:45AM Spinning (SP) (Don)
	10:00-10:45AM Zumba Gold (G) (Angela)	10:00-10:45AM Silver Sneakers (G) (Mila)	10:00-10:45AM Silver Sneakers (G) (Angela)		10:00-10:45AM Zumba Gold (G) (Mila)	10:15- 11:00AM Glide Fit (P) (Tracy)	
		11:00-11:45AM Chair Stretch (G) (Mila)			11:00-11:45AM Chair Stretch (G) (Mila)	11:00-11:45AM Karate (S) (Cheryl)	
	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball	12:00-2:00PM Pickelball		
	12:00- 12:45PM Tai-Chi (S) (Angela)	5:45-6:45PM Abs & Tone (S) (Don)	12:00-12:45PM Tai-Chi (S) (Angela)		12:00-12:45PM Better Balance (S) (Angela)		
		6:00-6:45PM Deep Water Cond. (P) (Tracy)	6:00-6:45PM Strength & Flexibility (S) (Jasmine)	6:00-6:45PM Deep Water Cond. (P) (Offutt)	6:00-6:45PM HIIT (S) (Jasmine)		
	7:00-7:45PM Yoga (S) (Armen)	7:00-7:45PM Zumba (S) (Angela)	7:00-7:45PM Cardio Kickboxing (S) (Kila)	7:00-7:45PM Zumba (S) (JohJoh)			

Updated: 01.09.22