

GROUP FITNESS CLASSES



**BE HEALTHY
BE STRONG
BELONG**

Starting September 5!

Free with membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Spinning® Amy Studio	6:00am SWEAT Tamicka Studio (1hr)	6:00am Spinning® Amy Studio	6:00am TRX Boot Camp Peter M. Gym	6:00am Core & Stretch Andrew Studio	7:15am HIIT - High Intensity Interval Training Peter M. Studio (1hr)	8:30am Hatha Yoga Kelly Studio (1hr)
7:00am Power Pump Lauren Studio (1hr)	7:05am Stretch Alice (1hr) Studio	7:00am Power Pump Lauren Studio (1 hr)	6:55am Functional Strength Alice Studio	8:15am Pilates® Silvina Studio	8:30am Hatha Yoga Candice Studio (1hr)	11:00am Power Pump Tamicka Studio (1hr)
8:15am Pilates® Silvina Studio	10:00am Silver Sneakers Circuit® Silvina Studio	8:15am Pilates® Silvina Studio	7:50am Yoga to Renew & Relax Michelle (1hr) Studio	9:05am Zumba Gold® Angela Studio	9:30am Cardio Combat EXPRESS! Lauren Studio 30 MINS!	12:00pm Spinning® Tamicka Studio (1hr)
9:10am Silver Sneakers Classic® Vanessa Studio	11:00am Yoga Stretch® Silvina (1hr) Community Room	9:10am Silver Sneakers Classic® Vanessa Studio	10:00am Silver Sneakers Circuit® Dan Studio	9:30am Aqua Aerobics Silvina Large Pool	10:00am Spinning® Gathan Studio	
9:30am Aqua Aerobics Silvina Large Pool	11:00am STANDING STRONG! Fall Prevention Balance & Movement Angela Studio	9:30am Aqua Aerobics Silvina Large Pool	12:30pm Aqua Aerobics Tamicka Large Pool	10:00am Silver Sneakers Classic® Vanessa Studio	11:00am Body Conditioning Gathan Studio	
10:05am Zumba® Vanessa Studio	12:30pm Aqua Aerobics Tamicka Small Pool	10:05am Zumba Gold® Angela Studio	6:00pm Spinning® Mike H Studio (1hr)	10:45am AFYAP Silvina Large Pool	12:00pm Zumba® Phil Studio (1 hr)	
10:45am AFYAP Silvina Large Pool	5:35pm Zumba® Angela Studio (1hr)	10:45am AFYAP Silvina Large Pool	6:30pm TRX Functional Fitness Core & More! Gathan Gymnasium	12:00pm Pilates® Silvina Studio		PILATES / STRETCH
5:30pm HIIT - High Intensity Interval Training Peter M. Studio (1hr)	6:45pm Aqua Aerobics Offutt Small Pool	11:00am Gentle Yoga Allison (1hr)	6:45pm Aqua Aerobics Offutt & Rickey Small Pool	12:45pm Body Conditioning Dan Studio		CARDIO
6:35pm Spinning® Mike H Studio (1hr)	6:40pm Body Strength Gathan Studio	12:30pm Pilates® Alice Studio	7:30pm Zumba® Maria Karina Studio (1hr)	6:30pm Power Pump Suzanne Studio (1hr)		STRENGTH
7:45pm Vinyasa Yoga Candice Studio (1hr)	6:40pm Pilates® Alice (1hr) Community Room	5:45pm Spin Express® Heather - 30 min		7:30pm Yoga for all ages James Studio (1hr)		YOGA
	7:35pm Zumba® Anna Studio	6:30pm Boot Camp Mike H. Gymnasium				ZUMBA
		7:00pm STRONG by Zumba® Anna Studio (1hr)	<p>** All of our classes can be taught to any level!</p>			

We post class updates on



The White Plains YMCA reserves the right to move the location of its classes to accommodate organizational needs.

Encouraging Youth Development! Classes are for Ages 10 and up! (after 7:00PM ages 13 and up)

Youth on the Move!



Starting September 5th

Free with membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 7:00PM Family Swim Small Pool	5:00 - 5:30pm Strength & Conditioning Heather Studio Ages 9+	5:15 - 7:00PM Family Swim Small Pool	5:15 - 6:00pm SOCCER Peter Gynmasium <i>*Non-Members can pay for this program</i> Ages 3-5	5:15 - 7:00PM Family Swim Small Pool	9:00am HAVING A BALL Kickball, Catch the Flag, Bounce the ball, all sorts of ball fun! Malik & Melissa Gynmasium Ages 3-5	10:00 - 10:30am Little fingers big FUN Arts & Crafts with Alexandra. A different project every week. A&B Room Ages 3-8
	5:35pm Zumba@ Angela Studio (1hr) Ages 10+	5:45-6:15pm Spin@ Express Heather Studio <i>*Must be 5ft.</i>	7:30pm Zumba@ Maria Karina Studio (1hr) Ages 13 +	5:00pm VOLLEYBALL Recreational co-ed play monitored by Malik Gynmasium Ages 9+	10:00am SOCCER Peter Gynmasium <i>*Non-Members can pay for this program</i> Ages 3-5	11:00am TUMBLE TIME! Tumbling fun for your tike learns the fundamentals of movement, stretch & flexibility! Alexandra Gynmasium Ages 3-8
	6:00 - 6:45pm BASKETBALL Malik & George Gynmasium <i>*Non-Members can pay for this program</i> Ages 9+			6:30 - 8:30pm BOARD GAME MANIA In the Lobby, peer to peer play, no electronics allowed! Ages 8+	11:00am SOCCER Peter Gynmasium <i>*Non-Members can pay for this program</i> Ages 6-8	12:00pm BASKETBALL Malik & Alexandra Gynmasium <i>*Non-Members can pay for this program</i> Ages 3-5
	6:40pm Pilates@ Alice Community Room (1hr) Ages 13 +			7:30pm Yoga for all ages James Studio (1hr)	12-12:30pm MARTIAL ARTS Peter A&B Room <i>*Non-Members can pay for this program</i> Ages 3-4	1:00pm BASKETBALL Malik & Alexandra Gynmasium <i>*Non-Members can pay for this program</i> Ages 6-8
	7:35pm Zumba@ Anna Studio (1hr) Ages 13 +				12:30-1:15pm MARTIAL ARTS Peter A&B Room <i>*Non-Members can pay for this program</i> Ages 5-8	2:00-3:45pm Family Swim Small Pool
					12:00pm Zumba@ Phil (1 hr) Studio Ages 10+	2:00pm SUPER HERO TRAINING ACADEMY Wear your favorite costume & train to be a SUPER HERO! Malik & Alexandra Studio Ages 6-9
					1:00 - 1:30PM Hip Hop Tatum Studio <i>*Non-Members can pay for this program</i> All ages 3+	3:00pm SUPER HERO TRAINING ACADEMY Wear your favorite costume & train to be a SUPER HERO! Malik & Alexandra Studio Ages 3-5
					1:30 - 2:00PM KIDS ONLY Zumba@ Tatum Studio <i>*Non-Members can pay for this program</i> All ages 3+	
					2-2:45pm Ballet Tatum Studio <i>*Non-Members can pay for this program</i> Ages 3-4	
					2:00-3:45pm Family Swim Small Pool	
					3:00-3:45pm Ballet Tatum Studio <i>*Non-Members can pay for this program</i> Ages 5-6	

914 949-8030
www.whiteplains.ymca-cnw.org

Ages 3-8: Parents must be in the activity area for ages 3-8.

Ages 9 to 13: Parents must be onsite.
**Unless the child has completed the Youth PFP program*

Classes are 45 minutes unless otherwise noted

We post class updates on



Free babysitting for all members!

Monday - Friday 5:30pm-8:30pm
Tues, Wed & Thurs 5-8:30pm
Saturday & Sunday 10:00am - 4pm