

GROUP FITNESS CLASSES



**BE HEALTHY
BE STRONG
BELONG**

Starting October 1!

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	6:55am Functional Strength Alice Studio	6:00am Core & Stretch Andrew Studio	7:15am HIIT - High Intensity Interval Training Peter M. Studio (1hr)	8:30am Hatha Yoga James Studio (1hr)
7:00am Power Pump Lauren Studio (1hr)	7:05am Stretch Alice (1hr) Studio	7:00am Power Pump Lauren Studio (1 hr)	7:50am Yoga to Renew & Relax Michelle (1hr) Studio	7:05am Stretch Alice (1hr) 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	10:00am Silver Sneakers Circuit® Dan Studio	8:15am Pilates® Silvina 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	12:30pm Aqua Aerobics Tamicka Large Pool	9:05am Zumba Gold® Angela Studio	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	6:00pm Spinning® Mike H Studio (1hr)	9:30am Aqua Aerobics Silvina Large Pool	11:00am Body Conditioning Gathan Studio	
10:05am Zumba® Vanessa Studio	12:30pm Aqua Aerobics Tamicka Small Pool	10:05am Zumba Gold® Angela Studio	6:30pm TRX Functional Fitness Core & More! Gathan Gymnasium	10:00am Silver Sneakers Classic® Vanessa Studio	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	7:30pm Zumba® Maria Karina Studio (1hr)	10:45am AFYAP Silvina Large Pool		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)		12:00pm Pilates® Silvina Studio		CARDIO
6:35pm Spinning® Mike H Studio (1hr)	6:40pm Body Strength Gathan Studio	12:30pm Pilates® Alice Studio		12:45pm Body Conditioning Dan Studio		STRENGTH
7:45pm Vinyasa Yoga Candice Studio (1hr)	6:40pm Pilates® Alice (1hr) Community Room	5:45pm Spin Express® Heather - 30 min		6:30pm Power Pump Suzanne Studio (1hr)		YOGA
	7:35pm Zumba® Anna Studio	6:30pm Boot Camp Mike H. Gymnasium		7:30pm Yoga for all ages James Studio (1hr)		ZUMBA
		7:00pm STRONG by Zumba® Anna Studio (1hr)		Classes are 45 minutes unless otherwise noted		

We post class updates on



** All of our classes can be taught to any level!

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 October 1st!

STARTING AT AGE 3!

Free with membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 7:00PM Family Swim Small Pool	5:35pm Zumba@ Angela Studio (1hr) Ages 10+	5:15 - 7:00PM Family Swim Small Pool	5:15 - 6:00pm SOCCER Gymnasium <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 Gymnasium 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
	6:00 - 6:45pm BASKETBALL Malik & George Gymnasium <i>*Non-Members can pay for this program</i> Ages 9+	5:45-6:15pm Spin@ Express Heather Studio *Must be 5ft.	7:30pm Zumba@ Maria Karina Studio (1hr) Ages 13 +	5:00pm VOLLEYBALL Recreational co-ed play monitored by Malik Gymnasium Ages 9+	10:00am SOCCER Gymnasium <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 Gymnasium Ages 3-8
	6:40pm Pilates@ Alice Community Room (1hr) Ages 13 +			6:30 - 8:30pm BOARD GAME MANIA In the Lobby, peer to peer play, no electronics allowed! Ages 8+	11:00am SOCCER Gymnasium <i>*Non-Members can pay for this program</i> Ages 6-8	12:00pm BASKETBALL Malik & Alexandra Gymnasium <i>*Non-Members can pay for this program</i> Ages 3-5
	7:35pm Zumba@ Anna Studio (1hr) Ages 13 +			7:30pm Yoga for all ages James Studio (1hr)	12-12:30pm MARTIAL ARTS A&B Room <i>*Non-Members can pay for this program</i> Ages 3-4	1:00pm BASKETBALL Malik & Alexandra Gymnasium <i>*Non-Members can pay for this program</i> Ages 6-8
					12:30-1:15pm MARTIAL ARTS 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 (1hr) 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