

# GROUP FITNESS CLASSES



**BE HEALTHY  
BE STRONG  
BELONG**

Starting October 31!

**Free with membership!**

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



**STARTING AT AGE 3!**

Starting October 31!

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

**Free babysitting for all members!**  
Monday - Friday 5:30pm-8:30pm  
Tues, Wed & Thurs 5-8:30pm  
Saturday & Sunday 10:00am - 4pm



Classes are 45 minutes unless otherwise noted