

TIP-TOP SHAPE



As of October 1 2018

MOTIVATION
SUPPORT
SUCCESS

Free with membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Spinning® Mila Studio	6:00am Spinning® and Strength Mila Studio (1hr)	6:00am Spinning® Gathan Studio	6:00am HIIT - High Intensity Interval Training Mila Studio	7:05am Stretch Alice Studio (1hr)	7:30am HIIT - TRX High Intensity Interval Training Anthony GYM (1hr)	8:30am Vinyasa Yoga Sanaa Studio (1hr)
7:00am Body Conditioning Mila Studio (1hr)	7:05am Stretch Alice Studio (1 hr)	7:00am Body Conditioning Gathan Studio (1 hr)	6:55am Functional Strength Alice Studio	8:15am Pilates® Silvina Studio	8:30am Hatha Yoga Oudi Studio (1hr)	9:45am STRONG by Zumba® Anna Studio (1hr)
8:15am Pilates® Silvina Studio	8:15am Pilates® Silvina Studio	8:15am Pilates® Silvina Studio	7:50am Yoga to Renew & Relax Kelly Studio (1hr)	9:05am Zumba Gold® Angela Studio	10:00am Spinning® Gathan Studio	11:15am Power Pump Tamicka Studio (1hr)
9:10am Silver Sneakers Classic® Vanessa Studio	9:00am Yoga Stretch® Silvina (1hr) Studio	9:10am Silver Sneakers Classic® Vanessa Studio	10:00am Silver Sneakers Circuit® Dan Studio	10:00am Silver Sneakers Classic® Vanessa Studio	11:00am Body Conditioning Gathan Studio	12:15pm Spinning® Tamicka Studio (1hr)
10:05am Zumba® Vanessa Studio	10:00am Silver Sneakers Circuit® Silvina Studio	10:05am Zumba Gold® Angela Studio	6:00pm Spinning® Mike H Studio (1hr)	11:00am Yoga Stretch® Vanessa Studio (1 hr)	12:00pm Zumba® Phil Studio (1 hr)	
5:30pm HIIT - High Intensity Interval Training Anthony Studio (1hr)	11:45am STRONG... FLEXIBLE... BALANCED! Angela Studio	11:00am Gentle Yoga Allison (1hr) Studio	6:30pm TRX Functional Fitness Core & More! Gathan Gymnasium	12:00pm Pilates® Alice Studio		
6:35pm Spinning® Mike H Studio (1hr)	5:35pm Zumba® Angela Studio (1hr)	12:30pm Pilates® Alice Studio	7:30pm Zumba® Anna Studio (1hr)	12:45pm Body Conditioning Dan Studio		
6:45pm Vinyasa Yoga Sanaa Children's Room (1hr)	6:40pm Body Strength Gathan Studio	5:45pm Spin Express® Tamicka - 30 min		6:00pm Yoga for all ages Sanaa Studio (1hr)		
	7:35pm Zumba® Anna Studio	6:30pm Boot Camp Mike H. GYM				
		7:15pm Hatha Yoga Oudi Studio (1hr)				



We post class updates on **facebook**

You can also sign up at the front desk for

Classes are 45 minutes unless otherwise noted

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)