

# TIP-TOP SHAPE



As of January 14, 2019

MOTIVATION  
SUPPORT  
SUCCESS

Free with membership!

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

We post class updates on

**facebook**

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).