



Group Exercise Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Free with membership!

Updated May 2nd to reflect reopening of Small Pool Changes!

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

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 Body Conditioning Peter M. Studio	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 Tamicka Studio (1hr)	7:05am Stretch Alice (1hr) Studio	7:00am Power Pump Tamicka Studio (1 hr)	6:55am Functional Strength Alice Studio	8:15am Pilates® Silvina Studio	8:30am Hatha Yoga Candice Studio (1hr)	10:00am STRONG by Zumba® Anna 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	10:00am Spinning® Gathan Studio	11:00am Power Pump 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	11:00am Body Conditioning Gathan Studio	12:00pm Spinning® Tamicka Studio (1hr)
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	12:00pm Zumba® Phil Studio (1 hr)	
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	1:00pm Cardio Combat! Lauren Studio	
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		
11:00am Body Conditioning & Step Vanessa Studio	5:30pm Warm Water Adult Lap Swim Small Pool (1hr)	11:00am Gentle Yoga Allison (1hr)	6:40pm Pilates® Alice (1hr) Community Room	12:45pm Body Conditioning Dan Studio		
5:30pm HIIT - High Intensity Interval Training Peter M. Studio (1hr)	6:45pm Aqua Aerobics Offutt Small Pool	12:30pm Pilates® Alice Studio	6:45pm Aqua Aerobics Offutt & Rickey Small Pool	5:45pm Spin Express® Heather - 30 min		
6:35pm Spin® Mike H Studio (1hr)	6:40pm Body Strength Gathan Studio	5:45pm Spin Express® Heather - 30 min	7:30pm Zumba® Tatum Studio (1hr)	6:30pm Power Pump Suzanne Studio (1hr)		
7:45pm Vinyasa Yoga Candice Studio (1hr)	6:40pm Pilates® Alice (1hr) Community Room	6:30pm Boot Camp Mike H. Gymnasium		6:35pm Yoga for all ages James A & B Room		
	7:35pm Zumba® Anna Studio	7:00pm STRONG by Zumba® Anna Studio (1hr)				

Classes are 45 minutes unless otherwise noted

We post class updates on
facebook

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

Free babysitting for all members!

Monday - Friday 5:30pm-8:30pm, Saturday & Sunday 8:30am-2:30pm

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

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