

GROUP FITNESS CLASSES

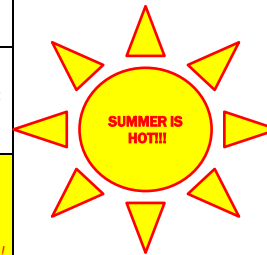


Health & Fitness > Group Fitness

Effective June 26th

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	6:00am TRX Boot Camp Peter M. Gym	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 LAUREN Studio (1hr)	7:05am Stretch Alice (1hr) Studio	7:00am Power Pump LAUREN Studio (1 hr)	6:55am Functional Strength Alice Studio	8:15am Pilates® Silvina Studio	8:30am Hatha Yoga Candice Studio (1hr)	9:45am 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) Gym	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 (1hr)	
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		
5:30pm HIIT - High Intensity Interval Training Peter M. Studio (1hr)	6:45pm Aqua Aerobics Offutt Small Pool	11:00am Gentle Yoga Allison (1hr)	6:45pm Aqua Aerobics Offutt & Rickey Small Pool	12:45pm Body Conditioning Dan Studio		
6:35pm Spin® Mike H Studio (1hr)	6:40pm Body Strength Gathan Studio	12:30pm Pilates® Alice Studio	7:30pm Zumba® Maria Karina Studio (1hr)	5:30pm CARDIO COMBAT HAPPY HOUR <i>Get it done then go hang on the Avenue!</i> Lauren Studio 1 hour!		
7:45pm Vinaya 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)		
	7:35pm Zumba® Anna Studio	6:30pm Boot Camp Mike H. Gymnasium		7:30pm Yoga for all ages James Studio (1hr)		
		7:00pm STRONG by Zumba® Anna Studio (1hr)				



Classes are 45 minutes unless otherwise noted

We post class updates on



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

*** 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 7pm ages 13 and up)

Youth Group Exercise Schedule



STARTING AT AGE 3!

Free with membership!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 - 7pm Family Swim small Pool	5:15 - 6:00pm BASKETBALL 3-5 Year olds Gymnasium	4:30 -5:00pm Hip Hop Tatum Ages 3 & up Studio	5:15 - 6:00pm SOCCER 3-5 Year Olds Peter Gymnasium	5:15 - 7pm Family Swim small Pool	8-8:45am HAVING A BALL Kickball, Catch the Flag, Bounce the ball, all sorts of ball fun! 3-5 Year Olds Gymnasium	2:00 - 4:00pm Family Swim small Pool
5 - 5:45pm VOLLEYBALL Ages 9+ Gymnasium	5 - 5:30pm Strength & Conditioning Ages 9+ Heather Studio	5:15 - 7pm Family Swim small Pool	6:40pm Pilates @ Alice (1hr) Ages 13 & up Community Room	7:30pm Yoga for all ages James (1hr) Everyone welcome! Studio	9-9:45am HAVING A BALL Dodgeball, Kickball, Catch the Flag, lots of ball fun to stay active! 6-8 Year Olds Gymnasium	2-2:30pm MARTIAL ARTS Peter Ages 3-4 Studio
	5:35pm Zumba @ Angela Ages 10 & up	5:15 - 6:00pm BASKETBALL 6-8 Year olds Gymnasium	7:30pm Zumba @ Maria Karina (1hr) Ages 13 & up		10-10:45am SOCCER 6-8 Year Olds Peter Gymnasium	2:30-3:15pm MARTIAL ARTS Peter Ages 5-6 Studio
	6 - 6:45pm BASKETBALL Ages 9+ Gymnasium	5-5:30pm KIDS ONLY Zumba@ Tatum Ages 3 & up Studio			11-11:45am SOCCER Ages 9+ Peter Gymnasium	
	6:40pm Pilates @ Alice (1hr) Community Room Ages 13 & up	5:45-6:15pm Spin @ Express Heather *Must be 5ft. Studio			12:00pm Zumba @ Phil (1 hr) Ages 10 & up Studio	
	7:35pm Zumba @ Anna Ages 13 & up Studio	6-7:00pm WALLYBALL Floor trainer monitors Ages 7 and up Raquetball Court #2			2-2:45pm Ballet Tatum 3-4 year olds Studio	
					2-4pm Family Swim small Pool	
					3-3:45pm Ballet Tatum 5-6 year olds Studio	

Classes in ITALICS are for members only and can not be paid for as a Program Member. We encourage you to consider the benefits of membership!

Parents must be present for ages 3-8
Ages 9 to 13 parents must be onsite
We post class updates on



Classes are 45 minutes unless otherwise noted

Free babysitting for all members!

Monday - Friday 5:30pm-8:30pm
Tues, Wed & Thurs 5-8:30pm
Saturday & Sunday 10:00am - 4pm

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