

# GROUP FITNESS CLASSES



Health & Fitness - Group Fitness

Effective July 25, 2017

**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	6:00am <b>TRX Boot Camp</b> Peter M. Gym	6:00am <b>Core &amp; Stretch</b> Andrew Studio	7:15am <b>HIIT -</b> High Intensity Interval Training Peter M. Studio (1hr)	8:30am <b>Hatha Yoga</b> Kelly 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> LAUREN Studio (1hr)	6:55am <b>Functional Strength</b> Alice Studio	8:15am <b>Pilates*</b> Silvina 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	7:50am <b>Yoga to Renew &amp; Relax</b> Michelle (1hr) Studio	9:05am <b>Zumba Gold*</b> Angela Studio	10:00am <b>Spinning*</b> Gathan Studio	12:00pm <b>Spinning*</b> Gathan Studio (1hr)
9:10am <b>Silver Sneakers Classic*</b> Vanessa Studio	11:00am <b>Yoga Stretch*</b> Silvina (1hr) Gym	9:10am <b>Silver Sneakers Classic*</b> Vanessa Studio	10:00am <b>Silver Sneakers Circuit*</b> Dan Studio	9:30am <b>Aqua Aerobics</b> Silvina Large Pool	11:00am <b>Body Conditioning</b> Gathan Studio	
9:30am <b>Aqua Aerobics</b> Silvina Large Pool	11:00am <b>STANDING STRONG!</b> Fall Prevention Balance & Movement Angela Studio	9:30am <b>Aqua Aerobics</b> Silvina Large Pool	12:30pm <b>Aqua Aerobics</b> Tamicka Large Pool	10:00am <b>Silver Sneakers Classic*</b> Vanessa Studio	12:00pm <b>Zumba*</b> Phil Studio (1hr)	
10:05am <b>Zumba*</b> Vanessa Studio	12:30pm <b>Aqua Aerobics</b> Tamicka Small Pool	10:05am <b>Zumba Gold*</b> Angela Studio	6:00pm <b>Spinning*</b> Mike H Studio (1hr)	10:45am <b>AFYAP</b> Silvina Large Pool	1:00pm <b>Cardio Combat!</b> Lauren 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	6:30pm <b>TRX Functional Fitness Core &amp; More!</b> Gathan Gymnasium	12:00pm <b>Pilates*</b> Silvina Studio		
5:30pm <b>HIIT -</b> High Intensity Interval Training Peter M. Studio (1hr)	6:45pm <b>Aqua Aerobics</b> Offutt Small Pool	11:00am <b>Gentle Yoga</b> Allison (1hr)	6:45pm <b>Aqua Aerobics</b> Offutt & Rickey Small Pool	12:45pm <b>Body Conditioning</b> Dan Studio		
6:35pm <b>Spin*</b> Mike H Studio (1hr)	6:40pm <b>Body Strength</b> Gathan Studio	12:30pm <b>Pilates*</b> Alice Studio	7:30pm <b>Zumba*</b> Maria Karina Studio (1hr)	6:30pm <b>Power Pump</b> Suzanne Studio (1hr)		
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		7:30pm <b>Yoga for all ages</b> James Studio (1hr)		
	7:35pm <b>Zumba*</b> Anna Studio	6:30pm <b>Boot Camp</b> Mike H. Gymnasium				
		7:00pm <b>STRONG by Zumba*</b> Anna Studio (1hr)				



Classes are 45 minutes unless otherwise noted

We post class updates on 

914 949-8030  
[www.whiteplains.ymca-cnw.org](http://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



**ALL Included  
for your  
FAMILY**

**STARTING AT AGE 3!**

**Free with membership!**

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

914 949-8030

[www.whiteplains.ymca-cnw.org](http://www.whiteplains.ymca-cnw.org)