



Updated January 26, 2018

*Free with membership!*

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



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

Free babysitting for all members!

We post class updates on **facebook**

You can also sign up at the front desk for email alerts!

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)