



**BE HEALTHY
BE STRONG
BELONG**



UPDATED DECEMBER 11TH
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	6:55am Functional Strength Alice Studio	7:05am Stretch Alice Studio (1hr)	7:45am HIIT - TRX High Intensity Interval Training Anthony GYM (1hr)	8:30am Pilates® Silvina Studio (1hr)
7:00am Power Pump Lauren Studio (1hr)	7:05am Stretch Alice Studio (1 hr)	7:00am Power Pump Amy Studio (1 hr)	7:50am Yoga to Renew & Relax Michelle Studio (1hr)	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	10:00am Silver Sneakers Circuit® Dan 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	6:00pm Spinning® Mike H Studio (1hr)	10:00am Silver Sneakers Classic® Vanessa Studio	11:00am Body Conditioning Gathan Studio	12:00pm Spinning® Tamicka Studio (1hr)
10:05am Zumba® Vanessa Studio	11:00am STANDING STRONG! Fall Prevention Balance & Movement Angela Studio	10:05am Zumba Gold® Angela Studio	6:30pm TRX Functional Fitness Core & More! Gathan Gymnasium	12:00pm Pilates® Silvina Studio	12:00pm Zumba® Phil Studio (1 hr)	
5:30pm HIIT - High Intensity Interval Training Anthony Studio (1hr)	5:35pm Zumba® Angela Studio (1hr)	11:00am Gentle Yoga Allison (1hr)	7:30pm Zumba® Anna Studio (1hr)	12:45pm Body Conditioning Dan Studio		
6:35pm Spinning® Mike H Studio (1hr)	6:40pm Body Strength Gathan Studio	12:30pm Pilates® Alice Studio		6:30pm Power Pump Suzanne Studio (1hr)		
7:45pm Vinyasa Yoga Candice Studio (1hr)	7:35pm Zumba® Anna Studio	5:45pm Spin Express® Heather - 30 min		7:30pm Yoga for all ages James Studio (1hr)		
		6:30pm Boot Camp Mike H. Gymnasium				



Free babysitting for all members!

We post class updates on



Classes are 45 minutes unless otherwise noted

** 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 7:00PM ages 13 and up)