

# TIP-TOP SHAPE



Effective July 30, 2018

MOTIVATION  
SUPPORT  
SUCCESS

Free with membership!

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



We post class updates on **facebook**

You can also sign up at the front desk for

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)