

The Bedford-Stuyvesant YMCA

January 4th -
February 28th

Group Fitness Schedule

Mondays			
Time	Class	Instructor	Studio
6:30 - 7:15a	Spinning®	Michelle	SS
6:30 - 7:15a	Boot Camp	Gary	AR
8 - 9a	Aquatic Exercise●	Daniel	Pool
8 - 9a	Boot Camp	Gary	AR
9 - 10a	Aquatic Exercise●	Daniel	Pool
9 - 10a	Gentle Yoga●	Elena	AR
10:30 - 11:30a	Core Training	Jwahir	AR
10:30 - 11:30a	Spinning®	Wil	SS
11:30 - 12:30p	Total Body Conditioning	Jwahir	AR
6 - 7p	Boot Camp	Gary	Gym
6:30 - 7:30p	Mat Pilates	Anna B.	AR
6:30 - 7:30p	Spinning®	Marguerite	SS
6:30 - 7:30p	Runners Club	Craig	SW
7:30 - 8:30p	Spinning®	Tanya	SS
7:30 - 8:30p	Aquatic Exercise●	Michelle	Pool
7:30 - 8:30p	Advanced Step	Anna B.	AR
8:30 - 9:30p	Vinyasa Yoga	Tina	AR

Tuesdays			
Time	Class	Instructor	Studio
6:30 - 7:15a	Spinning®	Milsa	SS
8 - 9a	Boot Camp	Gary	AR
9 - 10a	Aquatic Exercise●	TBD	Pool
9 - 10a	Aqua Jog	Danette	Pool
9 - 10a	Core Training	Jwahir	AR
10 - 11a	Total Body Conditioning	Wil	AR
10:30 - 11:30a	AOA Chair Exercise (Sit Fit)●	Jwahir	CR
11:30 - 12:30p	Gentle Yoga●	Jwahir	AR
5:30 - 6:30p	Spinning®	Lisahia	SS
6 - 6:30p	Core Training	Tanya	GYM
6:30 - 7:30p	Spinning®	Michelle	SS
6:30 - 7:30p	Interval Training (H.I.T.)	Tanya	GYM
6:30 - 7:30p	Vinyasa Yoga	Tyeisha	AR
7:30 - 8:30p	Boot Camp	David	Gym
7:30 - 8:30p	Hip Hop	Kyeisha	AR
8 - 9p	Spinning®	Danielle	SS
8:30 - 9:30p	Aqua Jog	Michelle	Pool
8:45 - 9:45p	Salsa (Ballroom Dance) ●	Ovid	AR

Wednesdays			
Time	Class	Instructor	Studio
6:30 - 7:15a	Spinning®	Milsa	SS
6:30 - 7:15a	Boot Camp	Gary	AR
8 - 9a	Boot Camp	Gary	AR
8 - 9a	Aquatic Exercise●	Michelle	Pool
9 - 10a	Aqua Zumba®●	Tanya	Pool
9 - 10a	Core Training	Athallia	AR
9:30 - 10:30a	Spinning®	Michelle	SS
10:30 - 11:30a	AOA Chair Exercise (Sit Fit)●	Tanya	CR
10 - 11a	Belly Dancing	Athallia	AR
6 - 7p	Boot Camp	Gary	GYM
6 - 7p	Gentle Yoga ●	Elena	AR
6:30 - 7:30p	Spinning®	Michelle	SS
6:30 - 7p	Runners Club	Craig	SW
7 - 8p	Caribbean Dance	Valerie	AR
7:30 - 8:30p	Spinning®	Craig	SS
7:30 - 8:30p	Aquatic Exercise●	Beverly	Pool
8 - 9p	Pilates	Alison	AR
8:30 - 9:30p	Spinning®	Craig	SS

Thursdays			
Time	Class	Instructor	Studio
6:30 - 7:15a	Spinning®	Wil	SS
8 - 9a	Boot Camp	Gary	AR
9 - 10a	Aquatic Exercise●	Michelle	Pool
9 - 10a	Aqua Jog	Danette	Pool
9 - 10a	Gentle Yoga●	Elena	AR
10:30 - 11:30a	Hi - Low Aerobics	Tanya	AR
4:30 - 5:30p	Spinning®	Ed	SS
6:00 - 6:45p	Spinning®	Ed	SS
6 - 7p	Boot Camp	Gary	Gym
6:30 - 7:30p	Caribbean Dance	Valerie	AR
7 - 8p	Boot Camp	David	Gym
7:30 - 8p	Core Conditioning	Anna B.	AR
8 - 9p	Advanced Step	Anna B.	AR
8:30 - 9:30p	Aqua Jog	TBD	Pool

Fridays			
Time	Class	Instructor	Studio
8 - 9a	Zumba®	Athallia	AR
8 - 9a	Aquatic Exercise●	Daniel	Pool
9 - 10a	Aquatic Exercise●	Daniel	Pool
9 - 10a	Hatha Yoga●	Athallia	AR
10:30 - 11:30a	Total Body Conditioning	Wil	AR
6 - 7p	African Dance	Shana	AR
6:30 - 7:30p	Runner's Club	Craig	SW
7 - 9p	Salsa (Ballroom Dance)●	Ovid	AR
7:30 - 8:30p	Spinning®	Craig	SS

Saturdays			
Time	Class	Instructor	Studio
9 - 10a	African Dance ●	Shana	AR
9 - 9:50a	Spinning®	Michelle	SS
10 - 11a	Spinning®	Danielle	SS
10 - 11a	Family African Dance	Shana	AR
11 - 12p	Spinning®	Lisahia	SS
11 - 12p	Total Body Conditioning	Tanya	GYM
12 - 1p	Family Spin	Marguerite	SS
12 - 1p	Zumba®	Tanya	GYM

Sunday			
Time	Class	Instructor	Studio
10:30 - 12p	Tai Chi ●	Mesan	AR
11 - 12p	Prenatal Yoga	Anna A.	PR
11 - 12p	Spinning®	Milsa	SS
12 - 1p	Vinyasa Yoga●	Anna A.	AR
12 - 1p	Total Body Conditioning	Gary	Gym
2:30 - 3:30p	Spinning®	Craig	SS
2:30 - 3:30p	Belly Dancing●	Athallia	AR
3:30 - 4:30p	Adv. Belly Dancing●	Athallia	AR

Studios: AR - Aerobics Room (Lower Level) SS - Spin Studio (Main Level) SW - Sidewalk (outside, by the front doors)
PR - Pfizer Room (Lower Level)

Spin registration is managed on a ticket system. Tickets can be picked up starting one hour before the class time at the front desk
● designates Older Adult Friendly Class

Be on time - you may not enter a class ten or more minutes after scheduled class start time.

Class Descriptions

Choreographed Cardio

Zumba® - ZUMBA is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Fri. 8a, Sat. 12p**

Hi-Low Aerobics - A Rhythmic aerobic workout in which at least one foot contact the ground at all times that provides a challenging cardiovascular workout. **Thurs. 10:30a**

Hip Hop Aerobics- A cardiovascular workout using urban upbeat Hip Hop music. This class teaches step by step movements with fun choreography, so you can get your feet moving and your heart pumping. **Tues. 7:30p**

Athletic Cardio

Advanced Step - This high intensity workout is filled with advanced choreography that uses every angle of the step platform. Prior step training experience is advised. **Mon. 7:30pm; Thurs. 8:00p**

Boot Camp - An efficient circuit training workout that challenges your entire body, utilizing calisthenics such as pushups, jumping jacks, crunches and other body weight exercises. **Mon. 6:30a, 8a, 6p; Tues. 8a, 7:30p; Wed. 6:30a, 8a, 6p; Thurs. 8a, 6p, 7p**

Runners Club - Designed to get groups of YMCA members together outside for a fun run. Groups are based on ability. Emphasis on safety and fun. **Mon. 6:30p, Wed. 6:30p, Fri. 6:30p**

Spinning® - A great cardio workout of simulated road bike riding to energizing music, appropriate for all fitness levels. You can adjust your workout to match your personal level. The instructors will lead you on a ride designed to improve your fitness on a variety of levels.

Mon. 6:30a, 10:30a, 6:30p, 7:30p; Tues. 6:30a, 5:30p, 6:30p, 8:00p, Wed. 6:30a, 6:30p, 7:30pm, 8:30pm; Thurs. 6:30a, 4:30p, 6p,; Fri. 7:30pm Sat. 9a, 10a, 11a, 12p (family class); Sun. 11a, 2:30p

Cardio Strength

Interval Training (HIT) - Supercharge your fitness with this challenging class of high speed, high intensity work alternated with recovery periods of low intensity. **Tues. 6:30p**

Total Body Conditioning – A full body workout designed to strengthen and tone the upper and lower body using hand-held weights. **Mon. 11:30a; Tues. 10a; Fri. 6:30a, 10:30a; Sat. 11a; Sun 12p**

Flexibility/Balance/Core

Core Training - This class focuses on abdominal, back and core muscle training and stabilization to improve the body's overall functional strength. **Mon. 10:30a; Tues. 9a, 6pm; Wed 9a; Thurs. 7:30p**

Mat Pilates - Based on original Pilates techniques, this class is designed to restore muscular balance, improve posture, helps prevent injury and build strength and flexibility. All levels welcome. **Mon. 6:30p; Wed. 8p**

Active Older Adults (AOA)

AOA Chair Exercise - Get fit while you sit in this chair exercise class that involves a combination of aerobic activity, strength building and stretching. Suitable for all ages and levels. **Tues. 10:30a; Wed 10:30a**

Dance

African Dance – Learn traditional African dances, rhythms, and songs from Senegal and Guinea, West Africa. Class warm-up includes working on core strength, flexibility, stamina, and rhythmic sensibility. This is a multi-level class; advanced beginner level dancers and up. **Fri. 6p; Sat. 9a, 10a (family class)**

Salsa (Ballroom Dancing)- Learn the basics of ballroom including fox trot, waltz, swing, cha-cha, rumba, tango, and more in beginner level classes. Hard-soled shoes preferred. Intermediate and Advanced level classes are designed for students with solid working knowledge of ballroom dance. Partner preferred but not necessary. **Tues. 8:45p; Fri. 7p**

Belly Dancing – A dance movement class that focuses on the core muscles, emphasizing muscular isolations. Dance to Middle Eastern rhythms while learning traditional movements and combinations. **Wed. 10a; Sun 2:30p, 3:30p (advanced class)**

Caribbean Dance – Learn Caribbean dances, and rhythms in this multi-level class which is sure to keep you moving and having fun. **Wed. 7p, Thurs. 6:30p**

Aquatic Exercise

Aqua Exercise - An instructional class of aerobic movements performed in the water, to improve body conditioning, cardiovascular fitness, and flexibility. **Mon. 8a, 9a, 7:30p; Tues. 9a; Wed. 8a, 7:30p; Thurs. 9a; Fri 8a, 9a**

Aqua Jog – A unique exercise class that takes place in the water, utilizing floatation devices to allow “jogging” in deep water. No swimming experience required, but participants should be comfortable being in deep water. **Tues. 8:30p; Thurs. 8:30p**

Aqua Zumba® – ZUMBA is a fusion of Latin and International music, utilizing dance themes that create a dynamic, exciting, effective fitness program. The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Wed. 9a**

Mind Body

Hatha Yoga – A yoga class that integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen, and condition. All levels are welcome. **Fri. 9a**

Vinyasa Yoga - Flowing sequences of yoga poses linked together by an emphasis on breathing technique. **Mon. 8:30p; Tues. 6:30p; Sun. 12p**

Gentle Yoga - Designed to teach basic yoga postures that will enhance flexibility, strength and balance and promote relaxation. **Mon. 9a; Tues. 11a; Wed. 6p; Thurs. 9a**

Prenatal Yoga – Expectant mothers will learn to stretch, strengthen, focus and relax. This class will help prepare you physically and mentally for the experience of childbirth. **Sun. 11a**

Tai Chi – An ancient form of mind body exercise that uses purposeful, slow movements in a form of meditative exercise for relaxation, health and self defense. **Sun. 10:30a**