



# Long Island City

# GROUP EXERCISE SCHEDULE

## MONDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
6:00AM	6:50AM	Spinning	All	Kristen	Studio
9:00AM	9:50AM	Stretching	All	Vilma	Studio
10:00AM	10:50AM	AOA Aqua Exercise	Beginner/Intermediate	Jane*	Pool
10:00AM	10:50AM	Cardio Salsa	Beginner/Intermediate	Vilma	Studio
11:00AM	11:50AM	Circuit Training	All	Aegina*	Studio
12:00PM	12:50PM	Zumba	All	Vilma	Studio
5:00PM	5:25PM	Core Training	All	Megan*	Studio
5:30PM	6:25PM	Step	Advanced	Megan	Studio
6:30PM	7:25PM	Spinning	All	Rachel	Studio
7:00PM	8:00PM	Mat Pilates	All	Sharyn	MPR
7:00PM	8:00PM	Water Aerobics	All	Kathleen	Pool
7:30PM	8:30PM	Cardio Kickboxing	All	Liz	Studio
8:00PM	9:00PM	Yoga	All	Jessica	MPR

## TUESDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
9:00 AM	9:50AM	AOA Chair Exercise	Beginner/Intermediate	Elsie	Studio
10:00AM	10:50AM	Gentle Yoga	Beginner/Intermediate	Jamie Lynn	Studio
10:00AM	10:50AM	AOA Aqua Exercise	Beginner/Intermediate	Elsie	Pool
11:00AM	12:15PM	Vinyasa Yoga	All	Jamie Lynn	Studio
12:15PM	1:00PM	Spinning	All	Rachel	Studio
5:30PM	6:15PM	Spinning	All	Rachel	Studio
6:30PM	7:30PM	Circuit Training	All	Megan	Studio
7:00PM	8:00PM	Aqua Exercise	Beginner/Intermediate	Stacy*	Pool
7:30PM	8:30PM	Punk Rope	All	Kimmy	Studio
8:30PM	9:30PM	Capoeira	Intermediate/Advanced	Joaquin	Studio

## WEDNESDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
6:00 AM	6:50AM	Spinning	All	Kristen	Studio
9:00AM	9:50AM	Stretching	Beginner/Intermediate	Vilma	Studio
10:00AM	10:50AM	AOA Aqua Exercise	Beginner/Intermediate	Jane*	Pool
10:00AM	10:50AM	Hi-Lo Aerobics	All	Vilma	Studio
11:00AM	11:50AM	Mat Pilates	All	Rosalia*	Studio
12:00PM	12:50PM	Interval Training	All	Aegina*	Studio
5:00PM	5:25PM	Core Training	All	Aegina*	Studio
5:30PM	6:30PM	Zumba	All	Natalie	Studio
6:30PM	7:25PM	Step	Advanced	Megan	Studio
6:30PM	7:20PM	Mat Pilates	All	Sharyn*	Studio
7:00PM	8:00PM	Water Aerobics	All	Kathleen	Pool
7:30PM	8:30PM	Spinning	All	Kristen	Studio
8:00PM	9:00PM	Yoga	All	Jessica	MPR

## THURSDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
9:00 AM	9:50AM	AOA Chair Exercise	Beginner/Intermediate	Elsie	Studio
10:00AM	10:50AM	Gentle Yoga	Beginner/Intermediate	Jamie Lynn	Studio
10:00AM	10:50AM	AOA Aqua Exercise	Beginner/Intermediate	Elsie	Pool
11:00AM	12:15PM	Vinyasa Yoga	All	Jamie Lynn	Studio
12:15PM	1:00PM	Spinning	All	Cathy	Studio
5:30PM	6:30PM	Circuit Training	All	McKayla*	Studio
6:30PM	7:20PM	Spinning	All	McKayla	Studio
7:00PM	8:00PM	Aqua Exercise	Beginner/Intermediate	Stacy*	Pool
7:00PM	9:00PM	Salsa	All	Will	MPR
7:30PM	8:30PM	Mat Pilates	All	Sharyn	Studio
8:30PM	9:30PM	Capoeira	Intermediate/Advanced	Joaquin	Studio



# Long Island City GROUP EXERCISE SCHEDULE

## FRIDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
9:00AM	9:50AM	AOA Aerobics	Beginner/Intermediate	Vilma	Studio
10:00AM	10:50AM	AOA Aqua Exercise	Beginner/Intermediate	Jane*	Pool
10:00AM	10:50AM	Zumba	All	Vilma	Studio
11:00AM	11:50AM	Mat Pilates	Beginner/Intermediate	Sharyn*	Studio
12:00PM	12:50PM	Interval Training	All	Aegina*	Studio
5:00PM	5:30PM	Core Training	All	Nicole*	Studio
5:30PM	6:30PM	Cardio Salsa	All	Nicole	Studio
6:30PM	7:15PM	Family Yoga	All	Bridget	Studio
7:30PM	8:30PM	Vinyasa Yoga	All	Bridget	Studio

## SATURDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
8:00 AM	9:00AM	Total Body Conditioning	All	William	Studio
9:00AM	9:50AM	Spinning	All	William	Studio
11:00AM	12:00PM	Zumba	All	Natalie	Studio
11:00AM	12:30PM	Kid's Fitness	Ages 6-12	Kathleen/Stacy	Basketball Court
12:00PM	1:00PM	Total Body Conditioning	All	William	Studio
1:00PM	2:30PM	Vinyasa Yoga	All	Jamie Lynn	Studio

## SUNDAY

START	END	CLASS	LEVEL	INSTR.	ROOM
9:00 AM	9:55AM	Spinning	All	Aegina	Studio
10:00AM	11:00AM	Vinyasa Yoga	All	Bridget	Studio
11:00AM	12:30PM	Kid's Fitness	Ages 6-12	Stacy	Studio
12:30PM	2:30PM	Salsa	All	Wil	Studio
3:00PM	5:00PM	Hip Hop	All Ages Teen and up	Juan	Studio

## CLASS GUIDELINES AND REMINDERS

- Classes and instructors are subject to change without notice.
- Levels are indicated on class schedule. All = appropriate for beginner, intermediate, or advanced.
- Bring a towel.
- Bring water; keep yourself hydrated.
- Be respectful of other students around you.
- Come to class on time.
- Use the lockers to store your valuables.
- The YMCA is not responsible for lost or damaged personal items.
- AOA = Active Older Adult
- MPR = Multipurpose Room (1st Floor)
- **ENJOY CLASS!**



Please visit us on the web:  
[www.ymcanyc.org/lic](http://www.ymcanyc.org/lic)

Questions or comments? Jonathan Imperial at [jimperial@ymcanyc.org](mailto:jimperial@ymcanyc.org)