

# GROUP FITNESS SCHEDULE Studio A

Please sign in for classes at the front desk/  
 You may sign in up to 30 minutes before class time

Day	Time	Program	Instructor
<b>Monday</b>	7:30-8:30 AM	Tai Chi	Master Lin
	9:45-10:45 AM	P.A.C.E./Active Older Adults	Nellie
	<b>12:30-3:30 PM</b>	<b>Open Stretch</b>	<b>Members</b>
	5:30-6:30 PM	Step	France-Luce
	6:30-7:30 PM	Body Sculpt	France-Luce
	7:30-9:00 PM	Afro- Brazilian Movement	Rita
	** 6:30-8:00 PM	Beginner Yoga	Phyllis
	** 8:00-9:00 PM	Restorative Yoga	Phyllis
	<b>Tuesday</b>	6:30-7:30 AM	Pilates Mat
9:30-10:30 AM		Ballet	Sarah P.
11:00 AM-12:00 PM		Parent & Tot Yoga	Kate
12:30-1:45 PM		Vinyasa Yoga	Jacoby
<b>2:00-3:30 PM</b>		<b>Open Stretch</b>	<b>Members</b>
5:30-6:30 PM		Aerobox	France-Luce
6:30-7:30 PM		Zumba	Nicole
7:35-8:35 PM		Step & Sculpt	Sarah P.
8:35-9:05		Abs	Sarah P.
<b>Wednesday</b>	6:15- 7:15 AM	Vinyasa Yoga	Sarah
	9:00-9:45 AM	Pilates Mat	Nicole
	9:45-10:30 AM	Pilates Mat	Nicole
	10:30-11:30 AM	P.A.C.E./Active Older Adults	Nicole
	<b>12:00-3:30 PM</b>	<b>Open Stretch</b>	<b>Members</b>
	6:15-7:00 PM	Body Sculpting	Gwen
	7:00-8:00 PM	Boot Camp	Gwen
	8:00-9:00 PM	Hip Hop	Nicole
	<b>Thursday</b>	6:30-7:30 AM	Pilates Mat
9:00-10:00 AM		Step	Sarah P.
10:00-10:45 AM		Body Sculpting	Sarah P.
1:00-2:00 PM		Yoga	Phyllis
<b>2:30-4:15 PM</b>		<b>Open Stretch</b>	<b>Members</b>
5:30-6:30 PM		Zumba	Nicole
6:30-7:30 PM		Mambo/Salsa	Evelyn
*** 7:00-8:00 PM		Punk Rope	Kimmy
7:30-9:00 PM		Inter. Hatha Yoga	Heather
<b>Friday</b>	<b>6:45-7:30 AM</b>	<b>Body Bar Blast</b>	<b>Canceled</b>
	7:30-8:15 AM	Aerobox	Rachel
	8:15-9:00 AM	Step	Rachel
	9:30-10:30 AM	P.A.C.E./Active Older Adults	Nicole
	11:00 AM-12:00 PM	Parents & Tot Yoga	Sandy
	<b>12:00-1:30 PM</b>	<b>Open Stretch</b>	<b>Members</b>
	2-3 pm	Parent & Baby Pilates	Tamara
	<b>3:15-5 PM</b>	<b>Open Stretch</b>	<b>Members</b>
	5:15-6 PM	Kick Start	Debbie
6:00-7:00 PM	Pilates Mat	Olivia	
<b>Saturday</b>	8:45-9:30 AM	Step & Sculpt	Rachel
	9:30-10:15 AM	Step	Rachel
	10:15-11:15 AM	Super Sculpt	Rachel
	11:30 AM-12:30 PM	Vinyasa Yoga	Leslie
	12:30-1:15 PM	Tai Chi	Master Lin
	1:15-2 PM	Tai Chi	Master Lin
	** 2:00-3:00 PM	Tai Chi	Master Lin
	2:30-4:00 PM	Belly Dance	Anath
	4:00-5:30 PM	Prenatal Yoga	Kate
5:30-6:30 PM	Slow-Flow Yoga	Kate	
<b>Sunday</b>	7:30-9:00 AM	Slow-Flow Vinyasa	Jason
	9:30-11:00 AM	Afro-Brazilian Dance	Rita
	11:00 AM-12:00 PM	Cardio Core	Cristina
	12:00-1:00 PM	Body Sculpt	Cristina
	1:00-2:00 PM	Ballet	Nicole
	2:00-2:30 pm	Pointe Barre	Nicole
	2:30-3:30 PM	Hip-Hop	Nicole
	<b>6:00-9 :00 PM</b>	<b>Open Stretch</b>	<b>Members</b>

Classes are subject to change or cancellation without notice



- Class participation is on a first come first serve basis and class size is limited to availability of space and equipment
- Admission Tickets are distributed for classes with limited space. Please inquire at the front desk.
- You may pick up a ticket up to 30 minutes before class time
- You may only pick up a ticket for yourself

# GROUP FITNESS SCHEDULE Studio B

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SO MUCH A PART OF  
**NEW YORK**  
for over 150 years.

January 2010-UPDATED

Day	Time	Program	Instructor	
<b>Monday</b>	6:30-7:00 AM	Spin Express	Gwen	
	7:00-7:30 AM	Abs & Back	Gwen	
	8:30-9:15 AM	Beg. Pilates	Lauren	
	9:15-10:00 AM	Int./Adv. Pilates	Lauren	
	10:00-11:00 AM	Mom & Baby Pilates	Sandy	
	11:15 AM-12:45 PM	Prenatal Yoga	Lauren	
	5:45-6:25 pm	Kick Start	Juanita	
	6:30-7:30 PM	Spinning	Stephanie	
	7:30-8:30 PM	Spinning	Lisa	
	8:30-9:00 PM	Core Strength	Lisa	
<b>Tuesday</b>	6:30-7:30AM	Slow-Flow Vinyasa	Jason	
	7:30-8:30 AM	Vinyasa Yoga	Leslie	
	9:00-9:45 AM	Urban Rebounding	Debbie	
	9:45-10:25 AM	Body Sculpting	Debbie	
	12:30-1:15 PM	Spinning	Margo	
	5:45-6:30 PM	Beg. Pilates	Traci	
	6:30-7:30 PM	Inter./Adv. Pilates	Traci	
	7:30-9:00 PM	Inter. Belly Dance	Anath	
<b>Wednesday</b>	6:15-7:00 AM	Spinning	Gwen	
	7:00-7:30 AM	Abs	Gwen	
	8:45-9:45 AM	Hatha Yoga	Grace	
	9:45-10:45 AM	Yoga/Active Older Adults	Grace	
	11:00 AM-12:30 PM	Prenatal Yoga	Ricki	
	<b>New Time Beg 1/6</b>	<b>12:45-1:30 PM</b>	<b>On The Ball</b>	<b>Debbie</b>
	<b>New Class Beg. 1/6</b>	<b>1:30-2:10 pm</b>	<b>Urban Rebound Blast</b>	<b>Debbie</b>
		2:15-3:15 PM	Mom & Baby Yoga	Kate
		6:30-7:30 PM	Vinyasa Yoga	Grace
	7:30-8:30 PM	Urban Rebounding	Debbie	
<b>Thursday</b>	6:30-7:30 AM	Spinning	Tracey	
	7:30-8:00 AM	Abs	Tracey	
	8:00-9:00 AM	Vinyasa Yoga	Leslie	
	11:00 AM-12:00 PM	Mom & Baby Yoga	Sandy	
	9:00-9:45 AM	Pilates Mat	Nicole	
	9:45-10:30 AM	Senior Zumba	Nicole	
	12:30-1:30 PM	Spinning	Tracey	
	1:30-2:00 PM	Abs	Tracey	
	2:30-3:30 PM	Slow-Flow Vinyasa	Jason	
	5:45-6:30 PM	Beg. Pilates Mat	Lori	
	6:30-7:15 PM	Adv. Pilates Mat	Lori	
	7:30-8:30 PM	Spinning	Tracey	
	8:30-9:00 PM	Abs	Tracey	
<b>Friday</b>	6:15-7:00 AM	Spinning	Gwen	
	7:00-7:30 AM	Abs & Back	Gwen	
	9:00-10:00 AM	Vinyasa Yoga	Leslie	
	10:00-11:00 AM	Adv. Vinyasa	Leslie	
	12:00-1:00 PM	Spinning	Tracey	
	1:00-1:30 PM	Abs	Tracey	
	6:00-8:00 PM	Spin Fusion	Tracey	
	<b>Saturday</b>	7:00-8:00 AM	Vinyasa Yoga	Jacoby
8:00-9:15 AM		Vinyasa Yoga	Lauren	
9:30-10:30 AM		Beg. Pilates	Traci	
10:30-11:30 AM		Inter./Adv. Pilates	Traci	
11:30-12:30 PM		Vinyasa Yoga	Sarah	
1:00-2:00 PM		Spinning	Tracey	
2:00-2:30 PM		Abs	Tracey	
2:30-3:30 PM		Spinning	Tracey	
3:30-4:00 PM		Abs	Tracey	
4:00-5:00 PM		Spinning	Tracey	
6:00-7:00 PM	Techno Yoga (Adv.)	Jason		
<b>Sunday</b>	9:00-10:00 AM	Stretch & Tone	Angela	
	10:00-11:00 AM	Stretch & Tone	Angela	
	11:15 AM-12:15 PM	Spin Plus	Margo	
	12:30-2 PM	Vinyasa Yoga	Jacoby	
	2:30-3:30 PM	Beg. Yoga	Sarah	
	4:00-5:30 PM	Inter. Vinyasa	Sarah	
	6:00-7:00 PM	Open Vinyasa	Leslie	

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