



**Vanderbilt  
YMCA  
Fitness  
Schedule  
Jan. - Apr.**

**Room Locations**

Multi Purpose	2nd Fl.
Life Fitness	2nd Fl.
Prog. Room	2nd Fl.
Gym	2nd Fl.
Weight Room	2nd Fl.
Studio A	3rd Fl.
Studio B	3rd Fl.
Circuit Center	4th Fl.
Studio C	1st Fl.

☺ Denotes beginner friendly classes.  
Please note that all classes listed in **BOLD type are FEE BASED CLASSES.** Classes and instructors are subject to change without notice. For information on fitness class schedules, please call Adam Gruberger, Senior Health & Fitness Director, at 212.912.2523.



**MONDAY**

7:00 am Spinning	Evelyn	Studio B
<b>7:30 am IM=X Reformer</b>	<b>Kristin</b>	<b>Studio A</b>
9:00 am FY/Feeling Fit	Vicky	Studio B
10:00 am Fit & Flexible	Karen	MP
10:00 am FY/Stretch	Vicky ☺	Studio B
12:00 pm Hatha Yoga	Lindsay	Studio A
12:15 pm Kickboxing Circuit	Andrew	MP
12:15 pm "AB" Solute Spin	Susan	Studio B
12:30 pm Low Impact Aerobics	Karen	Studio C
1:05 pm Extra Strength	Andrew	MP
1:05 pm Tai Chi	Roberto	Studio A
5:30 pm 20/20	Karen	Studio C
5:45 pm Spinning	Hillarey	Studio B
6:15 pm Core Solution	Karen ☺	Studio C
6:15 pm Circuit Training	Terrence	4th Floor
6:30 pm Advanced Step	Sam	MP
6:30 pm Hatha Yoga	John	Studio A
6:35 pm Spinning	Brent	Studio B
7:30 pm NIA	Kristin	Studio C
7:30 pm Zumba™	Lloyd ☺	Studio B
7:35 pm Deep Definitions	Brent	MP
<b>7:45 pm IM=X Reformer</b>	<b>Robinson</b>	<b>Studio A</b>
8:30 pm Spinning	Brent	Studio B
<b>8:35 pm Capoeira</b>	<b>Caxias</b>	<b>MP</b>

**TUESDAY**

6:30 am Boot Camp	Binky	Studio B
7:00 am Power Yoga	Suzanne	Studio A
7:15 am Stretch	Binky	Studio B
<b>8:15 am IM=X Reformer</b>	<b>Jackie</b>	<b>Studio A</b>
9:00 am FY/Feeling Fit/Lev1	Vicky	Studio B
10:00 am FY/Strength/Lev2	Karen	Studio B
11:00 am Qigong **	Rob	Studio B
12:15 pm Strength	Karen ☺	MP
12:15 pm Mat Pilates	Sophia	Studio C
12:15 pm Spinning	Andrew	Studio B
12:30 pm Prenatal Yoga	Carolyn	Studio A
1:05 pm Core Solution	Karen	Studio B
1:05 pm Strength	Sophia	MP
1:30 pm Vinyasa Yoga	Patricia	Studio A
<b>5:15 pm IM=X Reformer</b>	<b>Kyle</b>	<b>Studio A</b>
5:30 pm Strength**	Mike D.	MP
6:15 pm Spinning	Kyle	Studio B
6:15 pm Power Yoga	Jennifer	Studio A
6:30 pm Hi-Lo Aerobic Jam	Hillarey	MP
<b>6:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
7:30 pm Spinning	Terrence	Studio B
7:30 pm IntenSati	Jolynn	MP
7:30 pm Ultimate Abs	Brent	Studio A
<b>7:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
<b>8:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>

++ indicates new class

**WEDNESDAY**

6:30 am Spinning	John	Studio B
<b>7:00 am IM=X Reformer</b>	<b>Annette</b>	<b>Studio A</b>
7:15 am Hatha Yoga	John	Studio B
<b>8:00 am IM=X Reformer</b>	<b>Annette</b>	<b>Studio A</b>
8:30 am FY/Body Cond.	Lillian	Studio B
9:00 am Three Two One	Lillian	Studio B
10:00 am FY/Stretch	Jerry	Studio B
<b>12:00 pm IM=X Reformer</b>	<b>Jackie</b>	<b>Studio A</b>
12:15 pm Power Sculpt	Annette ☺	MP
12:15 pm Spinning	John	Studio B
12:30 pm Low Impact Aerobics	Karen	Studio C
1:05 pm Boxercise	Michael	Studio B
1:05 pm Hatha Yoga	John	Studio A
5:30 pm Strength	Karen	MP
5:45 pm Spinning	Annette	Studio B
6:00 pm Mat Pilates	Theresa	Studio A
6:00 pm Tai Chi	Roberto	Studio C
6:30 pm emPOWER	Terrence	MP
6:35 pm Spinning	Brent	Studio B
6:45 pm Hatha Yoga	John ☺	Studio A
7:00 pm Ballet Strength/Stretch	Theresa	Studio C
7:15 pm Masala Bhangra™	Mickela ☺	MP
7:30 pm Deep Definitions	Brent ☺	Studio B
8:00 pm Ethnic Dance Aerobics	Theresa	Studio C
<b>8:15 pm Capoeira</b>	<b>Caxias</b>	<b>MP</b>
8:30 pm Spinning	Brent	Studio B

**THURSDAY**

6:30 am Boot Camp	Binky	Studio B
7:00 am Power Yoga	Suzanne	Studio A
7:15 am Stretch	Binky	Studio B
<b>8:15 am IM=X Reformer</b>	<b>Jackie</b>	<b>Studio A</b>
9:00 am FY/Feeling Fit/Lev1	Vicky	Studio B
10:00 am FY/Strength/Lev2	Karen	Studio B
11:00 am Ballroom Social	Larissa ☺	Studio A
11:00 am FY/Tai Chi	Roberto	Studio B
12:15 pm Strength	Karen ☺	MP
12:15 pm Spinning	Annette ☺	Studio B
12:15 pm Core Connection	Leslie	Studio A
12:30 pm Prenatal Yoga	Carolyn	Prog. Rm.
1:05 pm Core Solution	Karen	Studio C
1:15 pm Mommy & Me Yoga	Jennifer	Studio A
5:30 pm Extra Strength	Andrew	MP
5:30 pm Hatha Yoga	John	Studio A
6:30 pm Vinyasa Yoga	Benjamin	Studio A
6:30 pm Kickboxing Circuit	Andrew	MP
6:30 pm Ballroom Series	Larissa	Studio B
<b>6:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
7:30 pm Ultimate Abs	Caroline	Studio B
<b>7:30 pm Capoeira/Beginner</b>	<b>Ellen</b>	<b>MP</b>
7:45 pm Cardio Salsa	Larissa	Studio A
<b>7:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
<b>8:45 pm Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>

**FRIDAY**

7:00 am Spin Intervals	Evelyn	Studio B
<b>7:00 am IM=X Reformer</b>	<b>Annette</b>	<b>Studio A</b>
8:15 am FY/Body Cond.	Lillian	Studio B
9:00 am FY/Feeling Fit	Jolynn	Studio B
10:00 am Hatha Yoga	John	Studio A
12:00 pm Move It	Jolynn	Studio B
12:15 pm Boot Camp	Michael	MP
12:15 pm 20/20	Karen	Studio C
12:15 pm Hatha Yoga	Lindsay	Studio A
1:05 pm Spin in the Zone	Ellen	Studio B
5:30 pm Strength	Karen ☺	MP
6:30 pm Spinning	Sam	Studio B
6:45 pm Gentle Yoga	Rob ☺	Studio A
7:15 pm Core Solution	Sam	Studio B
<b>7:30 pm Capoeira</b>	<b>Caxias</b>	<b>MP</b>

**SATURDAY**

9:00 am Tai Chi	Roberto ☺	Studio C
10:00 am Power Yoga	Suzanne	Studio A
10:00 am Hi-Lo Aerobic Jam	Hillarey	MP
<b>10:30 am Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
10:45 am Spinning	Ellen	Studio B
11:00 am Power Sculpt	Hillarey	MP
<b>11:30 am Adv. Karate</b>	<b>Leighton</b>	<b>Studio C</b>
<b>12:15 pm IM=X Reformer</b>	<b>Kyle</b>	<b>Studio A</b>
1:15 pm Yoga & Intro to Meditation	John ☺	Studio A
<b>4:00 pm Capoeira</b>	<b>Caxias</b>	<b>MP</b>

**SUNDAY**

10:00 am Core Solutions	Caroline B	Studio A
10:30 am Spinning	Caroline B	Studio B
11:15 am Power Sculpt	Caroline B	MP
1:00 pm Yoga All Levels	Carolina	Studio A

## YOGA MIND/BODY CLASSES

### GENTLE YOGA

This class is designed for those who desire a slower meditative, effective practice that will loosen and strengthen muscles while calming the mind and body. It's an opportunity to build strength, mobility and balance. No yoga experience required.

### HATHA YOGA

This ancient form of movement helps promote flexibility, strength and relaxation. Yoga also helps circulation through various postures and breathing techniques that connect the mind and body.

### POWER YOGA

This rigorous workout challenges strength and flexibility through a wide variety of poses. These poses are linked together with emphasis on the breath. Prior yoga experience is advised.

### TAI CHI

A form of martial arts which helps generate chi (vital energy) through relaxation. This class combines fluid upper body movements with lower body poses that help build coordination and total body awareness.

### QIGONG

Qigong is a Chinese art and science of healing using breathing sequences, gentle movement and meditation to increase life force energy (Qi).

### MAT PILATES

Pilates, a muscle conditioning and flexibility program moves onto the mat. Tone your muscles, correct your posture and improve your spinal alignment.

### NIA

Nia will train our body and ignite your spirit with moves from martial arts' dance and healing arts. Gain total body conditioning by combining simple choreography with rhythmic music. Kick off your shoes and join us for Nia!

### PRENATAL YOGA\*

Learn the benefits of yoga during your pregnancy in this hour long yoga class designed for expecting moms.

### MOMMY & ME YOGA

Moms, come and stretch, strengthen and enjoy your baby! This is a yoga class for moms who are at least 6 weeks postpartum. Connect and bond with baby while practicing gentle yoga postures. Babies: from 6 weeks to 9 months.

*\*A physician's approval is required for non-members to participate in these classes.*

## MARTIAL ARTS / AEROBICS CLASSES

### emPOWER

This workout focuses on all parts of the body combining boxing moves with strength work. Enjoy this high energy workout challenge.

### CAPOEIRA

This class is an Afro-Brazilian martial art, combining elements of dance, music and martial arts.

## KENSHIKAI-KAN KARATE

Comprehensive program of combined physical strength, self-defense and meditation. Designed for men and women of all ages.

## KICKBOXING CIRCUIT

Utilising/combining techniques from martial arts & boxing to music in a fun cardio format & incorporating a circuit of strength, speed, agility stability flexibility & endurance at different stations.

## WEIGHT TRAINING CLASSES

### CORE SOLUTION / ULTIMATE ABS

Build and strengthen your abdominal and lower back muscles in these 30 minute kick abs classes.

### STRENGTH

This non-aerobic workout targets individual muscle groups building muscular strength and endurance.

### EXTRA STRENGTH

The weight room moves into the studio for this advanced workout. Maximum results in minimum time build muscular strength and endurance.

### BOOT CAMP

No coordination required! Class designed with drills based on strength and power, using weights as training tools.

### DEEP DEFINITIONS

Sculpt and define every inch of your body in this power weight class.

### CIRCUIT TRAINING (*Class is held on the 4th Floor*)

This workout incorporates 10 stations of Life fitness Circuit Training with the addition of various drill training between stations.

### FIT & FLEXIBLE

This class uses only body resistance for the workout. The student is led through 15 min of abs, 15 min of lower body, followed by a full 15 min of stretching and lengthening various muscle groups.

### CORE CONNECTION

An effective and challenging class which incorporates pilates, yoga & breath work. To strengthen, lengthen and connect to your core on a deeper level.

### BALLET STRENGTH / STRETCH

This class will focus on basic choreography from ballet that helps to strengthen the body and improves alignment, posture, flexibility coordination and balance.

### POWER SCULPT

This is a high powered class combining strength training with cardiovascular intervals that include plyometrics and basic boot camp drills. A strong emphasis on core muscle recruitment and endurance.

## AEROBIC/DANCE CLASSES

### ADVANCED STEP

This high intensity workout is filled with advanced choreography that uses every angle of the bench! Prior step experience advised

### 20/20

A cardio workout for all fitness levels. Class includes warm-up, strength, aerobics and ends with stretch.

### IntenSati

This is a revolutionary class that combines simple dynamic choreography with positive affirmations. A high energy workout for the inner and outer you!

### HI-LO AEROBIC JAM

A challenging cardio workout that offers both high and low impact choreography

### BALLROOM SOCIAL/BALLROOM SERIES

Learn to dance like Fred and Ginger. This class teaches ballroom basics like the foxtrot, tango, samba and more.

### CARDIO SALSA

Muy caliente! This class combines rhythm, footwork and styling of today's hottest Latin, Jazz and Hip Hop dances with a dynamic warm up in the traditional aerobic format.

### MASALA BHANGRA™

Move it Bollywood style!! Masala Bhangra™ is an aerobic workout based on native folk dances from Northern India.

### ZUMBA™

Zumba is a fusion of Latin and International music-dance themes creating a dynamic, exciting, effective fitness class.

### ETHNIC DANCE AEROBICS

This is a multi level aerobics class using various moves from international ethnic and folk dances including Afro-Caribbean, Middle Eastern, Latin and Belly dance.

### MOVE IT

Why not dance during lunchtime? Explore various dance styles such as Latin, Burlesque and Broadway. Move and shake your body in a friendly, encouraging class setting.

### TOTAL BODY BLAST

This is an effective workout using the treadmill for cardio intervals interspersed with sculpting drills. Feel the difference, get results!

## SPINNING CLASSES

### SPINNING

Enjoy this all level Spinning class that will ignite your fitness level. Spin your way to a slimmer, healthier body during this 45 minute class.

### SPIN INTERVALS

This class will work on the concept of race riding using timed spinning intervals at various times throughout the class.

## ENDURANCE SPIN

This class focuses on endurance on hills and sprints. Focus is on specific muscle groups recruited for endurance riding.

## SPIN IN THE ZONE

This class focuses on heart rate training while spinning. Personal heart rate monitors are used, but are not a prerequisite for class.

## "AB" SOLUTE SPIN

One full hour of spinning followed by 30 minutes of core/abdominal work. Come for 60 minutes or stay 'till the end! A real challenge!

## FOREVER YOUNG/AOA CLASSES

The Vanderbilt YMCA offers a comprehensive health and fitness program as well as a schedule of social events for Active Older Adults 55 years of age and over.

## FOREVER YOUNG

This class provides a complete workout that encourages you to go at your own pace. The workout combines low impact aerobics, body conditioning and flexibility exercises.

## FY BODY CONDITIONING / FY STRENGTH

A comprehensive weight training class geared towards the Active Older Adult. Ab and Stretch work included.

## STRETCH

A relaxing class which helps improve flexibility and can help reduce stress. A perfect way to end your workout and start the day!

## THREE-TWO-ONE

This one hour interval class consists of 3-minutes of aerobic training, 2-minutes of strength training and 1-minute of abdominal training.

***\* Please consult your physician before starting a workout program.***