

## Monday

- 7:00 - 8:30 Iyengar yoga  
Mind/Body Studio .....Sarah
- 7:15 - 7:30 Spinning Orientation  
Spin Studio .....Lee
- 7:30 - 8:15 Spinning  
Spin Studio .....Lee
- ▼ 9:00 - 10:00 Kundalini Yoga  
Mind/Body Studio.....Cathy
- ▼ 10:30 - 11:30 M.E.L.T.  
Group Exercise Studio.....Edya
- 10:30 - 11:30 Vinyasa Yoga  
Mind/Body Studio .....Jason
- 11:30 - 12:30 Total Body Conditioning  
Group Exercise Studio.....Jon
- 12:00 - 1:00 Intro to Mat Pilates  
Mind/Body Studio .....Paolina
- 12:00 - 12:15 Spinning Orientation  
Spin Studio .....Kathy
- 12:15 - 1:00 Spinning  
Spin Studio .....Kathy
- 1:15 - 2:15 Feldenkrais Method  
Mind/Body Studio .....Donna
- 5:30 - 6:30 Masala Bhangra Work Out  
Group Exercise Studio .....Mickela
- ☺ 6:15 - 7:00 Power Rowing  
Row Center .....Tobin
- 6:00 - 7:00 Intermediate Vinyasa Yoga  
Mind/Body Studio.....Timothy
- ☺ ▼ 6:30 - 7:30 Mat Pilates  
Group Exercise Studio.....Larissa
- 6:30 - 7:30 Spinning  
Spin Studio .....Court
- 6:30 - 7:15 Circuit Training  
North Gym .....Kathy
- ☺ 6:30pm WSYRoad Runner Club  
Lobby .....Stacy/Bruno
- 7:30 - 8:30 Cardio Salsa  
Group Exercise Studio.....Larissa
- 7:30 - 8:45 Iyengar Yoga  
Mind/Body Studio.....Dmitri
- ☺ ▼ 8:30 - 9:30 Tai Chi Chuan  
Group Exercise Studio.....Tom

## Tuesday

- 7:00 - 8:00 Boot Camp  
Group Exercise Studio.....Jonathan
- 8:45-10:00 Iyengar Yoga  
Mind/Body Studio.....Martha
- ▼ 9:15 - 9:30 Spinning Orientation  
Spin Studio .....Jonathan
- ▼ 9:30 - 10:15 Spinning  
Spin Studio .....Jonathan
- 10:30 -11:30 Total Body Conditioning  
Group Exercise Studio .....Julie
- 11:30 - 12:00 Core Training  
Group Exercise Studio.....Julie
- 12 - 12:15 Spinning Orientation  
Spin Studio .....Cathy
- 12:00 - 1:00 Mat Pilates  
Mind/Body Studio.....Felice
- 12:00 - 1:00 Stretching  
Group Exercise Studio.....Timothy
- 12:15 - 1:00 Spinning  
Spin Studio .....Cathy
- 5:30 - 6:30 Total Body Conditioning  
Group Exercise Studio.....Kim
- 6:00 - 7:00 Capoeira  
Mind/Body Studio.....Ellen
- 6:00 - 6:45 Power Rowing  
Row Center .....Mike
- 6:30 - 7:30 Spinning  
Spin Studio .....Bev
- 6:30 - 7:30 Belly Dancing  
Group Exercise Studio .....Coco
- 6:30 - 7:30 Train Like an Athlete  
North Gym .....Robert
- 6:45 - 7:30 Power Rowing  
Row Center .....Mike
- 7:30 - 8:30 Iyengar Yoga  
Mind/Body Studio.....Wendy
- 7:30 - 8:15 Seido Karate (Beginner)  
Group Exercise Studio.....Melvin
- ☺ ▼ 8:15 - 9:15 Seido Karate (Advanced)  
Group Exercise Studio.....Melvin

## Wednesday

- ★ 7:15 - 8:00 Spinning  
Spin Studio .....Linda
- 9:15 - 10:15 Mat Pilates  
Mind/Body Studio..... Julie
- ▼ 11:00 - 12:00 Feldenkrais Method  
Mind/Body Studio.....Donna
- 11:00 - 12:00 Total Body Conditioning  
Group Exercise Studio.....Cathy
- 12:00 - 12:15 Spinning Orientation  
Spin Studio .....Bev
- ☺ ▼ 12:00 - 1:15 Iyengar Yoga  
Mind/Body Studio.....Richard
- 12:15 - 1:00 Spinning  
Spin Studio .....Bev
- ▼ 12:30 - 1:30 Mat Pilates  
Group Exercise Studio.....Mike
- 6:15 - 6:30 Spinning Orientation  
Spin Studio .....Joanna
- 6:30pm WSYRoad Runner Club  
Lobby .....StacyBruno
- 6:30 - 7:15 Spinning  
Spin Studio .....Joanna
- 6:30 - 7:30 Hatha Yoga  
Mind/Body Studio.....Wendy
- 6:30 - 7:30 Cardio Kickboxing  
Group Exercise Studio.....Tara
- 7:15 - 7:30 Spinning Orientation  
Spin Studio .....Joanna
- ☺ ▼ 7:30 - 8:15 Spinning  
Spin Studio .....Joanna
- 7:30 - 8:30 Tai Chi Chuan  
Mind/Body Studio.....Robert
- 7:30 - 8:30 Zumba  
Group Exercise Studio.....Samuel
- 8:30 - 9:30 M.E.L.T. w/ A.I. Stretch  
Mind/Body Studio.....Joya

## Thursday

- ▼ 7:00 - 8:00 Total Body Conditioning  
Group Exercise Studio.....Jonathan
- ▼ 9:30 - 10:30 Mat Pilates  
Mind/Body Studio.....Donnell
- 11:00 - 11:30 Upper Body Conditioning  
Group Exercise Studio.....Jonathan
- 11:30 - 12:00 Core Training  
Group Exercise Studio.....Jonathan
- 12:00 - 12:15 Spinning Orientation  
Spin Studio .....Jonathan
- 12:15 - 1:00 Spinning  
Spin Studio .....Jonathan
- 12:00 - 1:00 Stretching  
Group Exercise Studio.....Timothy
- 1:00 - 2:00 Hatha Yoga  
Mind/Body Studio .....Timothy
- 6:00 - 7:15 Vinyasa Yoga  
Mind/Body Studio.....Tom
- 6:15 - 7:00 Power Rowing  
Row Center .....Jenny
- 6:30 - 7:30 Mat Pilates  
Group Exercise Studio.....Julie
- 6:30 - 7:30 Spinning  
Spin Studio .....Linda
- ▼ 7:30 - 8:30 Seido Karate (Beginner)  
Mind/Body Studio.....Melvin
- 7:30 - 8:30 Zumba  
Group Exercise Studio.....Ben
- 8:30 - 8:45 Seido Karate (Advanced)  
Group Exercise Studio.....Melvin

Winter Schedule Starts:  
December 7, 2009

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# West Side YMCA

## Friday

- 7:00 – 8:00 Mat Pilates  
Group Exercise Studio.....Julie
- 7:15 - 7:30 Spinning Orientation  
Spin Studio.....Lee
- 7:30 - 8:30 Spinning  
Spin Studio.....Lee
- ▼ 7:15 - 8:30 Vinyasa Yoga  
Mind/Body Studio.....Kathi
- 9:30-10:30 Complete Cardio Sculpt  
Mind/Body Studio.....Julie
- 10:30 - 12:00 Vinyasa Yoga  
Mind/Body Studio .....Marci
- 10:30 - 11:30 M.E.L.T.  
Group Exercise Studio.....Kelly
- 11:30 – 12:00 M.E.L.T. Hand and Foot  
Group Exercise Studio.....Kelly
- 12:00 – 1:00 Mat Pilates  
Group Exercise Studio.....Jessica
- 12 - 12:15 Spinning Orientation  
Spin Studio.....Bev
- 12:15 – 1:00 Spinning  
Spin Studio.....Bev
- ▼ 6:00 – 7:00 NIA  
Group Exercise Studio.....Jayne
- 6:30 - 7:30 Advanced Vinyasa Yoga  
Mind/Body Studio.....Jason
- 7:00 – 8:00 The Tango Experience  
Group Exercise Studio.....Donna

## Saturday

- 9-10:30 Intro to Tai Chi Chuan  
Mind/Body Studio .....Tom
- 9:30 -10 Core Training  
Group Exercise Studio .....Jonathan
- ★ 10:00 -10:15 Spinning Orientation  
Spin Studio .....Jonathan
- 10:00 -11:00 Total Body Conditioning  
Group Exercise Studio .....Brian
- ★ 10:15 -11:00 Spinning  
Spin Studio .....Jonathan
- 11:00 -11:45 Spinning  
Spin Studio .....Jonathan
- ▼ 11:00 -12:00 Afro-Jazz  
Group Exercise Studio .....Uniqua
- ☺ ▼ 12:15 - 1:15 Intro to Mat Pilates  
Group Exercise Studio .....Julie
- ☺ ▼ 12:15 - 1:15 M.E.L.T.  
Mind Body Studio.....Jon
- 1:15 - 2:45 Iyengar Yoga  
Mind/Body Studio .....Richard
- ▼ 3:00 – 4:00 Feldenkrais Method  
Mind/Body Studio .....Donna

## Sunday

- 9:00 – 10:00 Spinning  
Spin Studio .....Court
- 10:00 – 11:00 Boot Camp  
Group Exercise Studio .....Jonathan
- ▼ 10:00 – 11:00 Vinyasa Yoga  
Mind/Body Studio.....Jason
- ☺ ▼ 11:00 – 12:00 Total Body Conditioning  
Group Exercise Studio .....Jonathan
- 12:30 – 1:45 Capoeira  
Group Exercise Studio ..... Ellen
- 4:00 – 5:00 Sharqui Belly Dancing  
Group Exercise Studio ..... Jindra
- 4:00 - 5:15 Vinyasa Yoga  
Mind/Body Studio .....Tom
- 5:30 – 6:30 N.I.A.  
Group Exercise Studio.....Jayne
- 5:30 - 5:45 Spinning Orientation  
Spin Studio .....Brian
- 5:45 - 6:30 Spinning Orientation  
Spin Studio .....Brian

### Some Friendly Reminders

Up-to-date class schedules are available online at [www.ymcanyc.org/westside](http://www.ymcanyc.org/westside), the 3rd floor Member Lounge, and the Customer Service Center on the first floor.

Reduced holiday weekend schedules on the following holidays: Memorial Day, July 4th, Labor Day, Thanksgiving, Christmas, and New Year's Eve.

Classes meet the needs of all fitness levels and are FREE to all full facility members — including teens! No registration is required.

Use lockers to store your bags and valuables. They are not allowed on the fourth floor.

The YMCA is not responsible for lost valuables.

**Group exercise classes and instructors are subject to change without notice.**

Visit us on the web:  
[www.ymcanyc.org/westside](http://www.ymcanyc.org/westside)

☺ Family Friendly - Children over the age of 14 with parental consent or parent participation.

▼ Beginners Welcome

★ Registration on third floor begins 1 hour before class begins. Must register in person.

Winter Schedule Starts:  
December 7, 2009

# Winter '09/'10

# Group Exercise Schedule

 **New York City's YMCA**  
We're Here for Good.

# West Side YMCA