SMALL-GROUP TRAINING Aug 1–31

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

SUN

MON

MORNING

8-8:50 AM
TRX
Kim Weiss
Mack Gym

TUE

MORNING

7-7:50 AM
TRX
Jena Korn
Mack Gym

AFTERNOON & EVENING

6:05-7 PM
STRENGTH/POWER
Devian Ramos
Boxing Room

7:05-8 PM
CALORIE CRUSHER
Daphne Wester
Boxing Room/Track

WED

MORNING

7:30-8 AM
HITT
Rayah Seckler
CCS

AFTERNOON & EVENING

6:05-6:55 PM
CORE GALORE
Dalit Agronin
Boxing Room

THU

MORNING

FRI

MORNING

8:05-8:50 AM
TRX
Kim Weiss
Mack Gym

SAT

MORNING

FEATURED CLASS

HITT

WEDNESDAYS, 7:30-8 AM
W/ RAYAH SECKLER

NEW: MYWELLNESS APP

Download the mywellness app to track your fitness goals and register for classes.

Available at the App Store and Google Play.

GET IT ON Google Play

Download on the App Store

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM

FRI
5:30 AM-9 PM

SAT-SUN
7:30 AM-8 PM

POWER SERIES

WHAT IS POWER SERIES?

POWER Series is a progressive small-group training program that utilizes specific tools and dynamic fitness routines to achieve a common goal. Our energy-filled workouts include high-intensity interval training and introduce equipment like TRX, kettlebells, slam balls, battle ropes and plyo boxes.

HOW MANY STUDENTS ARE IN A CLASS?

All classes are limited to 6-10 participants to ensure individual training with the instructors.

DO YOU HAVE CLASS PACKAGES?

Unlimited, four- and eight-pack options are available. We also have drop-in sessions. You'll also receive quarterly results based testing and body composition recording.

ARE DROP-IN SESSIONS OFFERED?

Yes! But one-hour notice is needed.

Sign up now with the mywellness app or by calling 212.415.5746.

CLASSROOMS & LOCATIONS

Cardio Court	Third Floor, main cardio workout area	
Mack Gym	Small Gymnasium	4th Floor N 406
Boxing Room	Above Spinning Studio	5th Floor N 510B
Teen Lounge	Lower level	NB08
CCS	Fourth Floor classroom; back of the main cardio work out area	

SMALL-GROUP DESCRIPTIONS

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CALORIE CRUSHER
A results-driven class focusing on weight-loss through high, caloric-burning compound exercises. Utilize this fun, full-body workout to get your heart pumping and muscles moving. Open to students of all fitness levels.

CORE GALORE
More than just abs, your core rules everything about you—from looking thinner, to running and lifting more efficiently. Core Galore focuses on strengthening and conditioning these vital muscles, from your glutes to your upper abs, regardless of your age and fitness level. Class requires the ability to easily transition from floor to standing exercises.

HITT
Train like an athlete with a workout that alternates between intense bursts of activity and fixed periods of less-intense activity or rest.

TRX
This total-body workout is a form of resistance training using TRX bands. Perform a variety of exercises that leverage gravity and your body weight, building core strength and muscle.

STRENGTH & POWER
This circuit-style workout will train your entire body like the pros. Using everything from Kettlebells to your own body weight, this workout is the extra push you need.

DON'T FORGET TO:
- Wear proper athletic footwear and attire
- Hydrate! Bring water with you to class
- Have fun! Challenge yourself and get ready to be a part of the POWER community

There is a 12-hour cancellation policy

RATES

MEMBER		NON-MEMBER	
4-pack	$152	8-pack	$399
8-pack	$264	Drop-in	$60
8-pack (30 min.)	$160		
Drop-in	$39		
Unlimited	$199*		

Download the mywellness app to register for classes or call 212.415.5746.

*with a 3 month commitment.

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