# Group Exercise

**Jan 26-Feb 29**

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**AFTERNOON & EVENING**

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**HOURS OF OPERATION**

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**CLASSES & LOCATIONS**

- **HFS***: Health & Fitness Studio
- **Jr Gym**: Junior Gymnasium
- **CC**: Cardio Court
- **SS**: Spinning Studio
- **CC**: Cardio Court
- **Pool**: 3rd Floor N 332
- **Lane Gym**: Large Gymnasium
- **Mack Gym**: Small Gymnasium
- **Technogym**: Technogym Room
- **Free Weight Room**: Free Weight Room
- **Boxing Room**: Boxing Room
- **S104**: Smokehouse (Above Spinning Studio)

* Classes in these locations require participants to first check in at the 3rd floor reception desk to obtain a wristband-of-the-day.

**Advanced reservation required through a Mywellness kiosk or app**

Please refer to class description page for levels of fitness intensity.
CLASS DESCRIPTIONS

ABSOLUTE ABS LEVELS 2-3
A moderate workout designed for riders who may or may not have taken a Group Cycling class before. Includes review of bike set-up and basic indoor cycling movements. Beginner level. Requires advanced reservation that can be made beginning 48 hours prior to the start of class through a Mywellness kiosk or app. MON & TUE

ANUSARA YOGA LEVELS 1-3
This class focuses on finding a balance between flow and holding poses, strength and flexibility, emphasizing alignment. SAT

BILATERAL YOGA LEVELS 1-3
Balance and symmetry, body and mind, inhale and exhale; learn how to create opportunities from opposites. THU

BOSU® BOUNCE LEVELS 2-3
Target the nine elements of total fitness. THU

CARDIO BOOTCAMP LEVELS 2-3
A fusion-style class using cardio kick moves combined with endurance drills. FRI

CARDIO CROSS TRAINING LEVELS 2-3
Combines aerobic moves with interval weight training. TUE

CARDIO BARRE & MEDITATION LEVELS 1-3
Get your cardio workout by moving and grooving! Create a strong, lean physique using the barre and small exercise balls, followed by a relaxing meditation. TUE

CORE YOGA LEVELS 1-3
Flowing yoga movements with an emphasis on strengthening the body’s core muscles. WED

FELDENKRAIS® LEVELS 1-3
Become more aware of your kinesthetic sense and improve body mechanics. MON

FIT FOR CARDIO LEVELS 1-3
Functional cardio, agility, and martial arts movements capped off with 30 minutes of a fun group cycle ride (advanced reservation required for spin component). THU

FIT FOR LIFE LEVELS 1-3
Total body workout including weights, Gliding® discs and power moves. Complemented with a high-energy cardio spin finish (advance reservation required for spin component). THU

FLUID FLEXIBILITY & MEDITATION LEVELS 1-3
Mindful motions and deep stretches increase blood flow and rejuvenate. Concludes with a soothing meditation. THU

FORM & FUNCTION LEVELS 1-3
Exercises to tone, strengthen and properly align the body’s muscles and bones. MON, TUE & FRI

GROUP CYCLE™ CONNECT LEVELS 1-2
A moderate workout designed for riders who may or may not have taken a Group Cycling class before. Includes review of bike set-up and basic indoor cycling movements. Beginner level. Requires advanced reservation that can be made beginning 48 hours prior to the start of class through a Mywellness kiosk or app. MON & TUE

GROUP CYCLE™ CONNECT LEVELS 1-3
Experience the world’s first and only indoor cycling bike that tracks workouts, enabling riders to improve performance through a totally immersive riding experience. Have fun, torch calories and get motivated with inspirational videos and music while climbing and sprinting to the finish line. May Center members can reserve a Technogym spin bike 48 hours in advance of a class through a Mywellness kiosk or app. Early arrival is suggested. Bikes are held until the start of class; after that, reservations are released. A towel and water bottle are required. DAILY EXCEPT FRI

HATHA FLOW LEVELS 1.3
Utilizes breath and a vinyasa flow series emphasizing alignment. All levels. TUE

HIIT AND BURN LEVELS 1-3
A high intensity interval training workout, quick bursts of cardio and strength exercises using body weight and light dumbbells. Burning more calories in a shorter period. THU

INTRO TO E-Z EX LEVELS 1-2
A gentle introduction to exercise that includes a low-intensity aerobics warm-up, followed by moderate total body conditioning, and focuses on balance and flexibility exercises. TUE & THU

INTRO TO QIGONG & TAI CHI LEVELS 1-3
Learn the fundamental principles of Qigong and Tai Chi, with emphasis on exercises to help reduce pain and stress and improve balance, strength, sleep and immune function. THU

INTRO TO PILATES LEVELS 1-2
Learn the basic Pilates exercises in this easy-to-follow class. SUN, MON & THU

IVYENGAR YOGA LEVELS 2-3
Emphasizes alignment of the body and breath to achieve a balance of stability and flexibility. MON, THU & FRI

KICK & BURN LEVELS 1-3
Punch & kick movements from various martial arts combined with the high metabolic burn of athletic HiIT training. MON

LATIN LOW IMPACT LEVELS 1-3
A fun, low impact, cardio workout to the beat of Latin rhythms. SUN & WED

MINDFULNESS MEDITATION LEVELS 1-3
A relaxing methodology for cultivating awareness, insights and inner peace. MON & ONE & DONE LEVELS 2-3
A class designed to tap into your inner strength, and explosive speed; performing exercises that will restore your agility and enhance movement. All levels you never thought possible. THU

PILATES FLOW & BALANCE (BONE!) LEVELS 1-3
This class combines Pilates mat sequences for core strength, structural alignment and flexibility training. Utilizing the Pilates rings will provide moderate resistance for muscle and bone health. This workout can be adapted and is appropriate for all fitness levels. WED

PILATES MAT & BARRE LEVELS 1-3
Using the discipline of Pilates and ballet technique, develop sleek strong muscles and increase range of motion. MON

PILATES METHOD MAT EXERCISE LEVEL 1
Gain strength and flexibility using floor exercises developed by Joseph H. Pilates. Intermediate and advanced levels. DAILY EXCEPT FRI

PILATES-YOGA FUSION LEVELS 1-3
A beginner class focused on building flexibility, strength and range of motion through the blending of Pilates and Yoga. WED

POWER STRENGTH LEVELS 2-3
An intense muscle specific, strength training workout to boost your metabolic rate by increasing lean muscle mass. MON, WED, THU & FRI

POWER STRENGTH & ALIGNMENT LEVELS 1-3
A fun, low impact, cardio workout to the beat of Latin rhythms. SUN & WED

RESTORATIVE IYENGAR YOGA LEVELS 1-3
This unique format focuses on building strength, balance and flexibility while engaging in a variety of yoga poses. WED

STRENGTH LEVELS 1-3
Improve your flexibility with basic stretches designed to increase range of motion and prevent injury. SUN

STRETCH & ALIGNMENT LEVELS 1-3
Use standing exercises and barre and mat work to promote proper spinal and joint alignment. MON & WED

TONE LEVELS 1-3
Strengthen and shape upper body muscles. Class concludes with a core-focused, stability ball series. Combine this class with Trim for a total body blast. MON & WED

TOTAL BODY GROOVE LEVELS 2-3
A fun, low impact, cardio workout to the beat of camp-style weight work. WED

TOTAL BODY WORKOUT LEVELS 2-3
Features high intensity aerobic workout, muscular conditioning exercises and a relaxing stretch. MON & FRI

TRIM LEVELS 1-3
Power up lower body muscles using steps, weights and challenging conditioning regimens. Combine this class with Tone for a total body blast. MON & WED

TRIM-N-TONE LEVELS 1-3
Use weights, hand weights, bands and body bars to increase metabolism and lose inches. SUN

TRIM, TONE-BUILD BONE LEVELS 1-2
Boost stamina with exercises for strength, stability, bone density and mobility to help with activities of daily living and reducing injury. Ideal for the mature adult. MON, WED & FRI

WEIGHTS, BARS & BANDS LEVELS 2-3
Boost metabolism, while building bone and muscle strength. Intermediate and advanced levels. TUE

WEIGHT WORKS (BONE!) LEVELS 1-3
Muscle strengthening and balance/alignment improvement using free weights and other equipment. All levels. MON, WED & FRI

WOMEN’S HEART PLUS LEVELS 1-2
A unique class format for women with coronary disease or for those trying to prevent it. Includes gentle aerobic exercise, moderate resistance training and stretching. MON, WED & FRI

YOGA LEVELS 1-3
Classes feature multidisciplinary styles of yoga, which utilize flowing poses and a focus on breathing. DAILY

YOGA (BEGINNER) LEVELS 1-2
Ideal for the true beginner who has no prior knowledge of yoga. SUN, MON, TUE & WED

YOGA STRENGTH LEVELS 1-3
This unique format focuses on building strength, balance and flexibility while engaging in a variety of yoga poses. WED

ZUMBA® LEVELS 1-3
A fun, fusion workout using Latin and International dance themes. DAILY EXCEPT SUN

GROUP EXERCISE CLASS ETIQUETTE

1. Enter after the warm-up period is finished (10 minutes) will be denied.
2. If entering following the start of class, please move to the back of the room.
3. Proper athletic footwear must be worn in all classes, closed-toe rubber soled athletic shoes only. Bare feet are permitted in yoga classes and select Pilates classes. Check with the instructor to ensure bare feet are appropriate for the class.
4. Proper athletic attire must be worn in all classes. Jeans will not be permitted.
5. Choose an appropriate skill level and intensity. If just starting out, or coming back after a layoff, select beginner classes.
6. Please follow the instructor’s directions and return equipment to the proper place after class.
7. As a courtesy to all, please turn off cell phones prior to class.
8. A wristband-of-the-day is required for all classes held in the HFS Studio & Junior Gym.
## Pool Schedule

**Jan 26-Feb 29**

### Hours of Operation

**Mon-Thu**
- 5:30 AM-10:30 PM

**Fri**
- 5:30 AM-9 PM

**Sat-Sun**
- 7:30 AM-8 PM

*Shaded areas indicate best times for lap swim.*

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**Download our app for real-time updates**

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**Family Swim: Adult members may bring children 6 years old and under free of charge; children over 7 years require a membership or guest pass.**

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**Shaded areas indicate best times for lap swim.**

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**Swim caps required.**

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**Operation**

**Y outh and T een Members** may use the pool Monday–Thursday, 3-4:30 pm (Lap swim only); Saturday, 3-8 pm & Sunday, 6-8 pm (Teen Lap Swim only).

**Stationary Exercise** is based on lane availability. Please check with the lifeguard before performing stationary exercise.

**Adult Lap Swim** configuration may be modified at the lifeguard’s discretion.
**SWIM SCHEDULE**

Jan 26-Feb 29

**LAP SWIM**

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Shaded areas indicate best times for lap swim.

Swim caps required.
# Aquatics Classes

**Aquacise**
All levels. Swimmers and non-swimmers benefit from this non-weight-bearing exercise class that improves flexibility, coordination, strength and endurance.

**Aqua Fusion**
Interval-style water workout combining cardio strength and core exercises.

**Interval Aqua**
Vigorous aqua class combining cardio moves and resistance exercises.

**Aqua Pump**
Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.

**Deep-Water Swimming**
Ideal for swimmers who wish to improve their basic stroke techniques.

**Beginner Swim Group**
An introduction to the basics of swimming such as breath control, floating and treading water. Gain the confidence needed to participate in a structured group or private lesson.

**Perfect Strokes**
Improve your freestyle, backstroke, breaststroke and butterfly.

## Best Times for Stationary Exercise

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<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
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## Programs Located
Programs located at Yorkshire Towers, 305 E. 86th St.

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*Advanced Box Office Registration with Additional Class Fee Required*
**SPORTS**

**MON**
- 6-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 4:30-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-6:30 PM  YOUTH & TEEN OPEN GYM  Mack Gym
- 5:30-7 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 7:10-10:30 PM  INTRAMURAL BASKETBALL* LEAGUE  Lane Gym
- 9-10:30 PM  ADULT MEMBER OPEN GYM  Mack Gym

**TUE**
- 6-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 4:30-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-7 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 7:10-10:30 PM  INTRAMURAL BASKETBALL* LEAGUE  Lane Gym

**WED**
- 6-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 4:30-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-7 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 7:10-10:30 PM  INTRAMURAL BASKETBALL* LEAGUE  Lane Gym

**THU**
- 6-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 4:30-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-7 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 7:10-10:30 PM  INTRAMURAL BASKETBALL* LEAGUE  Lane Gym

**FRI**
- 8-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 4:30-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-9 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 2:45-4 PM  TEEN & FAMILY BASKETBALL  **  Lane Gym
- 5:30-8 PM  OPEN GYM  Mack Gym

**SAT**
- 8-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 6-9 AM  ADULT MEMBER OPEN GYM  Lane Gym
- 11:45 AM-11:55 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 5:30-6:30 PM  YOUTH & TEEN OPEN GYM  Mack Gym
- 4:45-5:30 PM  YOUTH & TEEN OPEN GYM  Lane Gym
- 5:30-7 PM  ADULT RECREATIONAL BASKETBALL  Lane Gym
- 7-10:30 PM  INTRAMURAL BASKETBALL* LEAGUE  Lane Gym

Please note, the boxing room and track are reserved for programs during these times:***
- Monday: 9:15-10:15 AM, 4-7:25 PM
- Tuesday: 9:30-11 AM, 4-4:30 PM, 5:30-8 PM
- Wednesday: 9:15-10:15 AM, 4-5 PM, 6:05-6:55 PM
- Thursday: 4-8:10 PM
- Friday: 12:05-12:50 PM, 4:45-6:30 PM

**Boxing Room and Track Reservations**
Please note, the boxing room and track are reserved for programs during these times:***
- Monday: 9:15-10:15 AM, 4-7:25 PM
- Tuesday: 9:30-11 AM, 4-4:30 PM, 5:30-8 PM
- Wednesday: 9:15-10:15 AM, 4-5 PM, 6:05-6:55 PM
- Thursday: 4-8:10 PM
- Friday: 12:05-12:50 PM, 4:45-6:30 PM

**HOURS OF OPERATION**
- MON-THU 5:30 AM-10:30 PM
- FRI 5:30 AM-9 PM
- SAT-SUN 7:30 AM-8 PM

**Download our app for real-time updates**

**Like us on Facebook.com/92YMayCenter**

**Follow us on Twitter #92Yhealth**

**92Y.org/ActivitySchedule**

Shaded areas indicate Youth & Teen Open Gym access.

* The Lane Gym is open play when leagues are not in session.
** Family basketball: Adult May Center members may bring children 6 years old and under free of charge; children over 7 years require a membership or guest pass.
*** Call 212-415-5722 with inquiries about daily boxing room and track schedule updates.
CLASS DESCRIPTIONS

ABSOLUTE ABS
An intense workout designed to strengthen and tone the abdominals. Intermediate and advanced levels. MON, WED & SAT

ANUSARA YOGA
This class focuses on finding a balance between flow and holding poses, strength and flexibility, emphasizing alignment. SAT

BILATERAL YOGA
Balance and symmetry, body and mind, inhale and exhale; learn how to create opportunities from opposites. THU

BOSU® BOUNCE
Target the nine elements of total fitness. THU

CARDIO BOOTCAMP
A fusion-style class using cardio kick moves combined with endurance drills. FRI

CARDIO CROSS TRAINING
Combines aerobic moves with interval weight training. TUE

CARDIO BARRE & MEDITATION
Get your cardio workout by moving and grooving! Create a strong, lean physique using the barre and small exercise balls, followed by a relaxing meditation. TUE

CORE YOGA
Flowing yoga movements with an emphasis on strengthening the body’s core muscles. WED

FELDENKRAIS®
Become more aware of your kinesthetic sense and improve body mechanics. MON

FIT FOR CARDIO
Functional cardio, agility, and martial arts movements copped off with 30 minutes of a fun group cycle ride (advanced reservation required for spin component). THU

FIT FOR LIFE
Total body workout including weights, Gliding™ discs and power moves. Complemented with a high-energy cardio spin finish (advanced reservation required for spin component). TUE

FLUID FLEXIBILITY & MEDITATION
Mindful motions and deep stretches increase blood flow and rejuvenate. Concludes with a soothing meditation. THU

FORM & FUNCTION
Exercises to tone, strengthen and properly align the body’s muscles and bones. MON, TUE, THU & FRI

GROUP CYCLE™ CONNECT (BEGINNER)
A moderate workout designed for riders who may or may not have taken a Group Cycling class before. Includes review of bike set up and basic indoor cycling movements. Beginner level. Requires advanced reservation that can be made beginning 48 hours prior to the start of class through a MyWellness kiosk or app. MON & TUE

GROUP CYCLE™ CONNECT (ALL)
Experience the world’s first and only indoor cycling bike that tracks workouts, enabling riders to improve performance through a totally immersive riding experience. Have fun, torch calories and get motivated with inspirational videos and music while climbing and sprinting to the finish line. Key Center members can reserve a Technogym spin bike 48 hours in advance of a class through a MyWellness kiosk or app. Early arrival is suggested. Bikes are held until the start of class; after that, reservations are released. A towel and water bottle are required. DAILY EXCEPT FRI

HATHA FLOW
Utilizes breath and a vinyasa flow series emphasizing alignment. All levels. TUE

HITT & BURN
A high intensity interval training workout out, quick bursts of cardio and strength exercises using body weight and light dumbbells. Burning more calories in a short period. THU

INTRO TO E-Z EX
A gentle introduction to exercise that includes a low-impact aerobics warm-up, followed by moderate total body conditioning, and focuses on balance and flexibility exercises. TUE & THU

INTRO TO PILATES
Learn the basic Pilates exercises in this easy-to-follow class. SUN, MON & THU

INTRO TO QIGONG & TAI CHI
Learn the fundamental principles of Qigong and Tai Chi, with emphasis on exercises to help reduce pain and stress and improve balance, strength, sleep and immune function. THU

IYENGAR YOGA
Emphasizes alignment of the body and breath to achieve a balance of stability and flexibility. MON, THU & FRI

KICK & BURN
Punch & kick movements from various martial arts combined with the high metabolic burn of athletic HIIT training. MON

LATIN LOW IMPACT
A fun, low impact, cardio workout to the beat of Latin rhythms. WED & SUN

MINDFULNESS MEDITATION
A relaxing methodology for cultivating awareness, insights and inner peace. MON

ONE & DONE
A class designed to tap into your inner strength, and explosive speed, performing exercises that will restore your agility and enhance movement to levels you never thought possible. THU

PILATES FLOW & BALANCE (BONE!)
This class combines Pilates mat sequences for core strength, structural alignment and flexibility, with standing routines for balance training. Utilizing the Pilates rings will provide moderate resistance for muscle and bone health. This workshop can be adapted and is appropriate for all fitness levels. WED

PILATES MAT & BARRE
Using the discipline of Pilates and ballet technique, develop sleek strong muscles and increase range of motion. MON

PILATES METHOD MAT EXERCISE
Gian strength and flexibility using floor exercises developed by Joseph H. Pilates. Intermediate and advanced levels. DAILY EXCEPT FRI

PILATES-YOGA FUSION
A beginner class focused on building flexibility, strength and range of motion through the blending of Pilates and Yoga. WED

POWER STRENGTH
An intense muscle specific, strength training workout to boost your metabol- ic rate by increasing lean muscle mass. MON, WED, THU & FRI

RELENTLESS!
An aggressive fitness challenge packed with intensive cardio strength exercises to boost power and develop core muscles. TUE & FRI

RESTORATIVE IYENGAR YOGA
Supportive opening poses promote restoration and realignment. All levels. FRI

STRETCH & ALIGNMENT
Use standing exercises and barre and mat work to promote proper spinal and joint alignment. MON & WED

TONE
Shape and shape upper body muscles. Class concludes with a core-focused, stability ball series. Combine this class with Tone 1 for a total body blast. MON & WED

TOTAL BODY GROOVE
Fused cardio workout with boot camp-style weight work. WED

TOTAL BODY WORKOUT
Features high intensity aerobic work- out, muscular conditioning exercises and a relaxing stretch. MON & FRI

TRIM 1
Power up lower body muscles using steps, weights and challenging conditioning regiments. Combine this class with Tone 1 for a total body blast. MON & WED

TRIM-N-TONE
Use weights, hand weights, bands and barbells to increase metabolism and lose inches. SUN

TRIM, TONE-BUILD BONE (ALL)
Build stamina with exercises for strength, stability, bone density and mobility to help with activities of daily living and reducing injury. Ideal for the mature adult. MON, WED & FRI

WEIGHT WORKS (BONE!)
Muscle strengthening and balance/alignment improvement using free weights and equipment. All levels. MON, WED & FRI

WEIGHT, BARS & BUNS
Boost metabolism, while building bone and muscle strength. Intermediate and advanced levels. TUE

WEIGHT, BARS & BUNS
Boost metabolism, while building bone and muscle strength, ending with a sequence for abs, hips & buns. Intermediate and advanced levels. THU

WOMEN'S HEART PLUS
A unique class format for women with coronary disease or for those trying to prevent it. Includes gentle aerobic exercise, moderate resistance training and stretching. MON, WED & FRI

YOGA
Classes feature multidisciplinary styles of yoga, which utilize flowing poses and a focus on breathing. DAILY

YOGA (BEGINNER)
Ideal for the true beginner who has no prior knowledge of yoga. SUN, MON, TUE & WED

YOGA STRENGTH
This unique format focuses on building strength, balance and flexibility while engaging in a variety of yoga poses. WED

ZUMBA®
A fun, fusion workout using Latin and International dance themes. DAILY EXCEPT SUN

GROUP EXERCISE CLASS ETIQUETTE
1. Entrance after the warm-up period is finished (10 minutes) will be denied.
2. If entering following the start of class, please move to the back of the class.
3. Proper athletic footwear must be worn in all classes. Closed toe rubber sole athletic shoes only. Bare feet are permitted in yoga classes and selected Pilates classes. Check with the instructor to ensure bare feet are appropriate for the class.
4. Proper athletic attire must be worn in all classes. Jeans will not be permitted.
5. Choose an appropriate skill level and intensity. If just starting out, or coming back after a layoff, select beginner classes.
6. Please follow the instructor’s directions and return equipment to the proper place after class.
7. As a courtesy to others, please turn off cell phones prior to class.
8. A wristband-of-the-day is required for all classes held in the HFS Studio & Junior Gym.