

GROUP EXERCISE

Mar 1-Apr 18

92 Y MAY CENTER
HEALTH • FITNESS • SPORTS • AQUATICS

SUN

MORNING

9-9:55 AM **STRETCH**
Claudia Brown HFS*

9:10-9:55 AM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

10-11 AM **RHYTHMIC PILATES (INT/ADV)**
Alicia Stewart HFS*

10-10:55 AM **TRIM-N-TONE**
Michael Hughes Mack Gym

10:30 AM-12 PM **IYENGAR YOGA**
Robin Simmonds CCS

11 AM-12 PM **LATIN LOW IMPACT**
Michael Hughes Mack Gym

AFTERNOON & EVENING

12:05-1 PM **INTRO TO PILATES**
Alicia Stewart CCS

4:15-5:15 PM **YOGA (BEG)**
Gosha Karpowicz CCS

5:30-6:45 PM **YOGA (INT)**
Gosha Karpowicz CCS

MON

MORNING

6:45-7:30 AM **GROUP CYCLE™CONNECT (BEG)**
Cathy Gargiulo SS**

6:45-7:15 AM **TONE UP**
Sam Lopez Mack Gym

7:15-7:45 AM **TRIM DOWN**
Sam Lopez Mack Gym

7:15-8 AM **FORM & FUNCTION**
Suzanne Brown HFS*

9-9:55 AM **TRIM, TONE- BUILD BONE! (ALL)** Sam Lopez CCS

9-9:55 AM **TOTAL BODY WORKOUT** Karin L. Ruhe HFS*

10-10:55 AM **WEIGHT WORKS**
Suzanne Brown HFS*

10-11:25 AM **IYENGAR YOGA**
Kavi Patel CCS

11:15 AM-12:05 PM **POWER STRENGTH** Michael Hughes Mack Gym

11-11:55 AM **ZUMBA®**
Alexa Poller HFS*

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12:15-1:10 PM **PILATES MAT**
Donna Sisco HFS*

12:30-1:20 PM **STRETCH AND ALIGNMENT** Mary Copeland CCS

1:30-2:25 PM **MINDFULNESS MEDITATION**
Robin Simmonds CCS

6-6:55 PM **FELDENKRAIS®**
Maxine Davis CCS

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

6:30-7:25 PM **INTRO TO PILATES** Yasu Suzuki S104*

6:40-7 PM **ABSOLUTE ABS**
Ken Watts Mack Gym

7-8 PM **YOGA** Sami Roth CCS

7:05-8 PM **KICK & BURN**
Michael Hughes Mack Gym

7:30-8:25 PM **YOGA (BEG.)**
Yasu Suzuki S104*

8:05-9 PM **ZUMBA®**
Ivonne Puelles Mack Gym

8:10-9:05 PM **PILATES MAT & BARRE** Alicia Stewart CCS

TUE

MORNING

7:15-8:15 AM **PILATES**
Yasu Suzuki CCS

8:45-9:55 AM **FIT FOR LIFE**
Michael Hughes Mack Gym/ SS**

9-9:50 AM **CARDIO CROSS-TRAINING**
Cathy Gargiulo HFS*

9:10-9:55 AM **INTRO TO E-Z EX**
Karin L. Ruhe CCS

10-11:15 AM **HATHA FLOW**
Gosha Karpowicz CCS

10:25-11:20 AM **FORM & FUNCTION**
Suzanne Brown HFS*

11:35 AM-12:25 PM **WEIGHTS, BARS & BANDS**
Sam Lopez HFS

AFTERNOON & EVENING

12:30-1:45 PM **CARDIO BARRE & MEDITATION**
Rima D. Bien CCS

6-7:15 PM **YOGA**
Evelyn Pate CCS

6:10-7:05 PM **ZUMBA®**
Milky Florent HFS*

6:15-7 PM **GROUP CYCLE™CONNECT (BEG)** Cathy Gargiulo SS**

6:45-8 PM **RELENTLESS!**
Sam Lopez Mack Gym

7:20-8:20 PM **YOGA (BEG)**
Sami Roth HFS*

WED

MORNING

6:45-7:15 AM **TRIM DOWN**
Sam Lopez Mack Gym

6:45-7:30 AM **GROUP CYCLE™ CONNECT (ALL)**
Cathy Gargiulo SS**

7:15-7:45 AM **TONE UP**
Sam Lopez Mack Gym

8:30-9:25 AM **TOTAL BODY GROOVE** Carlos Ferreira Mack Gym

9-9:55 AM **PILATES-YOGA FUSION** Yasu Suzuki HFS*

9-9:55 AM **TRIM, TONE-BUILD BONE! (ALL)** Valerie Downing CCS

10:15-11:15 AM **WEIGHT WORKS (BONE!)** Suzanne Brown HFS*

10-11:15 AM **YOGA STRENGTH**
Gosha Karpowicz CCS

11-11:55 AM **ZUMBA®**
Alexa Poller HFS*

11-11:55 AM **POWER STRENGTH**
Sam Lopez Mack Gym

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12:05-1 PM **PILATES FLOW & BALANCE (BONE!)**
Alicia Principe Mack Gym

12:30-1:20 PM **STRETCH & ALIGNMENT**
Julia Kulakova CCS*

6-6:55 PM **PILATES**
Yasu Suzuki CCS

6-7:20 PM **CORE YOGA**
Evelyn Pate HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

6:40-7 PM **ABSOLUTE ABS (ADV)** Ken Watts Mack Gym

7-7:55 PM **YOGA (BEG)**
Yasu Suzuki CCS

7:05-7:55 PM **LATIN LOW IMPACT**
Michael Hughes Mack Gym

7:55-8:10 PM **MEDITATION**
Yasu Suzuki CCS

THU

MORNING

7:15-8 AM **POWER STRENGTH**
Sam Lopez Mack Gym

7:15-8:15 AM **PILATES**
Donna Sisco CCS

9-9:55 AM **FIT FOR CARDIO**
Michael Hughes Mack Gym

9:10-9:55 AM **INTRO TO E-Z EX**
Karin L. Ruhe CCS

10-11:25 AM **BILATERAL YOGA**
Michael Gilbert CCS

10:35-11:25 AM **ONE & DONE**
Sam Lopez Mack Gym

11-11:55 AM **FORM & FUNCTION**
Suzanne Brown HFS*

11:35 AM-12:25 PM **WEIGHTS, BARS & BUNS** Rima D. Bien CCS

AFTERNOON & EVENING

12:30-1:45 PM **FLUID FLEXIBILITY & MEDITATION**
Rima D. Bien CCS

6:10-7:05 PM **ZUMBA®**
Ivonne Puelles HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Sam Lopez SS**

6:30-8 PM **IYENGAR YOGA**
Cory Washburn CCS

6:40-7:25 PM **HIIT & BURN**
Michael Hughes Mack Gym

7:15-8:05 PM **INTRO TO PILATES** Alicia Stewart HFS*

7:30-8:15 PM **BOSU® BOUNCE**
Sam Lopez Mack Gym

8:10-9:10 PM **INTRO TO QIGONG & TAI CHI**
Jan Childress CCS

FRI

MORNING

6:45-7:45 AM **RELENTLESS!**
Sam Lopez Mack Gym

7:15-8 AM **FORM & FUNCTION**
Suzanne Brown HFS*

9-9:55 AM **TRIM, TONE-BUILD BONE! (ALL)** Mary Copeland CCS

9-9:55 AM **TOTAL BODY WORKOUT** Karin L. Ruhe HFS*

10-10:55 AM **WEIGHT WORKS (BONE!)** Suzanne Brown HFS*

10-11:20 AM **IYENGAR YOGA**
Robin Simmonds CCS

11-11:55 AM **POWER STRENGTH**
Karin L. Ruhe HFS*

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12:05-1 PM **ZUMBA®**
Alexa Poller HFS*

6:30-7:15 PM **CARDIO BOOTCAMP (INT/ADV)**
Sam Lopez Mack Gym

6:30-8 PM **RESTORATIVE IYENGAR YOGA**
Cory Washburn CCS

7:20-8 PM **POWER STRENGTH**
Sam Lopez Mack Gym

SAT

MORNING

8:15-9:10 AM **PILATES**
Donna Sisco CCS

9:15-10 AM **GROUP CYCLE™ CONNECT (ALL)**
Cathy Gargiulo SS**

9:15-10:10 AM **ZUMBA®**
Milky Florent CCS

10:15-10:35 AM **ABSOLUTE ABS**
Cathy Gargiulo CCS

11 AM-12:30 PM **YOGA**
Margarita Manwelyan CCS

AFTERNOON & EVENING

5-6:30 PM **ANUSARA YOGA**
Jessica Hanson CCS

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

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



CLASSROOMS & LOCATIONS

| | | |
|------------------|-------------------------|--|
| HFS* | Health & Fitness Studio | Basement N BO4 |
| Jr Gym* | Junior Gymnasium | Basement N B14 |
| CCS | Cardio Court Studio | 4th Floor N 411A |
| SS** | Spinning Studio | 4th Floor N 406B |
| CC | Cardio Court | 4th Floor N 411 |
| Pool | | 3rd Floor N 332 |
| Lane Gym | Large Gymnasium | 4th Floor N 401 |
| Mack Gym | Small Gymnasium | 4th Floor N 406 |
| TechnoGym Room | | 4th Floor N 401A |
| Free Weight Room | | 5th Floor N 501 |
| Boxing Room | | 5th Floor N 510B (Above Spinning Studio) |
| S104* | | South Building, 1st Floor |

* 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

CLASS DESCRIPTIONS

ABSOLUTE ABS LEVELS 2-3

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

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 (advanced reservation required for spin component). **TUE**

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, THU & 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 short period. **THU**

INTRO TO E-Z EX LEVELS 1-2

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 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**

IYENGAR 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 to 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**

RELENTLESS! LEVEL 3

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

RESTORATIVE IYENGAR YOGA LEVELS 2-3

Supportive opening poses promote restoration and realignment. **FRI**

RHYTHMIC PILATES (INT/ADV) LEVELS 2-3

Combines the principles of Pilates exercises with ballet-infused moves to develop sleek muscles and establish posture alignment. Feel a sense of joy moving to beautiful music. **SUN**

STRETCH 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

Fast-paced cardio moves fused with boot 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**

WEIGHTS, BARS & BUNS LEVELS 2-3

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

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. 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 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.

92Y.org/ActivitySchedule

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Follow us on [Twitter #92Yhealth](https://twitter.com/92Yhealth)



POOL SCHEDULE

Mar 1-Apr 18



SUN

MON

TUE

WED

THU

FRI

SAT

MORNING

7:30-9 AM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

9-9:45 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:45 AM-1 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

1-3 PM
3 Lanes: 1 FAMILY SWIM+/
CHILDREN'S CLASS
2 CHILDREN'S CLASSES
No Adult Lap Swim

3-6 PM
3 Lanes: 2 CHILDREN'S CLASSES
1 ADULT LAP SWIM

6-8 PM
4 Lanes: 3 ADULT & TEEN LAP
SWIM, 1 ADULT CLASS

MORNING

5:30-7:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

7:30-8:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

8:30-9:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:30-11 AM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

11-11:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 INSTRUCTION

11:30 AM-12 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No children

AFTERNOON & EVENING

12-12:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:45-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-7 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

7-7:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

7:30-8:30 PM
4 Lanes: 2 ADULT LAP SWIM
2 ADULT CLASS
No Children

8:30-10:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

MORNING

5:30-7:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

7:30-8:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

8:30-9:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:30-11 AM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

11-11:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 INSTRUCTION

11:30 AM-12 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No children

AFTERNOON & EVENING

12-12:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:45-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-7 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

7-10:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

MORNING

5:30-7:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise
No Children

7:30-8:30 AM
3 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

8:30-9:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:30-11 AM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

11-11:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 INSTRUCTION

11:30 AM-12 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No children

AFTERNOON & EVENING

12-12:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:45-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-7 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

7-7:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION, No Children

7:30-8:30 PM
4 Lanes: 2 ADULT LAP SWIM
2 ADULT CLASS
No Children

8:30-10:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

MORNING

5:30-7:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

7:30-8:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

8:30-9:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:30-11:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

11:30 AM-12 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No children

AFTERNOON & EVENING

12-12:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:45-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-7 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM
TEAM No Adults

7-7:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

7:30-8:30 PM
4 Lanes: 2 ADULT LAP SWIM
2 ADULT CLASS
No Children

8:30-10:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

MORNING

5:30-7:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise
No Children

7:30-8:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

8:30-9:30 AM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

9:30-11 AM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

11-11:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 INSTRUCTION

11:30 AM-12 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No children

AFTERNOON & EVENING

12-12:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:45-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-7 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

7-9 PM
4 Lanes: 4 ADULT LAP SWIM
No Children

MORNING

7:30-8 AM
4 Lanes: 2 ADULT LAP SWIM
2 FLYING DOLPHINS SWIM
TEAM

8-10 AM
4 Lanes: 4 ADULT LAP SWIM
No Children

10 AM-1 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

1-3 PM
2 Lanes: 1 FAMILY SWIM+
AND PRIVATE INSTRUCTION
1 POOL RENTAL/FLYING
DOLPHINS SWIM TEAM
No Adult Lap Swim

3-6 PM
4 Lanes: 2 ADULT & TEEN LAP
SWIM, 2 INSTRUCTION

6-8 PM
4 Lanes: 3 ADULT & TEEN LAP
SWIM, 1 INSTRUCTION

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



Himan Brown members may use the pool Monday-Friday, 12-1 pm.

Youth and Teen 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.

* 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.

Shaded areas indicate best times for lap swim.

Swim caps required.

SWIM SCHEDULE

Mar 1-Apr 18



LAP SWIM

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|---|---|---|---|---|---|
| MORNING | MORNING | MORNING | MORNING | MORNING | MORNING | MORNING |
| 7:30-9 AM 3 Lanes: ADULT No Children | 5:30-7:30 AM 4 Lanes: ADULT No Children | 5:30-7:30 AM 4 Lanes: ADULT No Children | 5:30-7:30 AM 4 Lanes: ADULT No Children | 5:30-7:30 AM 4 Lanes: ADULT No Children | 5:30-7:30 AM 4 Lanes: ADULT No Children | 7:30-8 AM 2 Lanes: ADULT |
| 9-9:45 AM 2 Lanes: ADULT No Children | 7:30-8:30 AM 3 Lanes: ADULT | 7:30-8:30 AM 3 Lanes: ADULT | 7:30-8:30 AM 3 Lanes: ADULT | 7:30-8:30 AM 3 Lanes: ADULT | 7:30-8:30 AM 3 Lanes: ADULT | 8-10 AM 4 Lanes: ADULT No Children |
| 9:45 AM-1 PM 3 Lanes: ADULT No Children | 8:30-9:30 AM 2 Lanes: ADULT No Children | 8:30-9:30 AM 2 Lanes: ADULT No Children | 8:30-9:30 AM 2 Lanes: ADULT No Children | 8:30-9:30 AM 2 Lanes: ADULT No Children | 8:30-9:30 AM 2 Lanes: ADULT No Children | 10 AM-1 PM 2 Lanes: ADULT |
| 9:30-11 AM 2 Lanes: ADULT | 9:30-11 AM 2 Lanes: ADULT | 9:30-11 AM 2 Lanes: ADULT | 9:30-11 AM 2 Lanes: ADULT | 9:30-11:30 AM 2 Lanes: ADULT | 9:30-11 AM 2 Lanes: ADULT | |
| 11 AM-12 PM 3 Lanes: ADULT | 11 AM-12 PM 3 Lanes: ADULT | 11 AM-12 PM 3 Lanes: ADULT | 11 AM-12 PM 3 Lanes: ADULT | 11:30 AM-12 PM 3 Lanes: ADULT | 11 AM-12 PM 3 Lanes: ADULT | |
| AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING |
| 1-3 PM FAMILY SWIM* No Lap Swim | 12-3:45 PM 2 Lanes: ADULT | 12-3:45 PM 2 Lanes: ADULT | 12-3:45 PM 2 Lanes: ADULT | 12-3:45 PM 2 Lanes: ADULT | 12-3:45 PM 2 Lanes: ADULT | 1-3 PM FAMILY SWIM* No Lap Swim |
| 3-6 PM 1 Lane: ADULT | 3-4:30 PM 1 Lane: YOUTH & TEEN | 3-4:30 PM 1 Lane: YOUTH & TEEN | 3-4:30 PM 1 Lane: YOUTH & TEEN | 3-4:30 PM 1 Lane: YOUTH & TEEN | 3-4:30 PM 1 Lane: YOUTH & TEEN | 3-6 PM 2 Lanes: ADULT & TEEN |
| 6-8 PM 3 Lanes: ADULT & TEEN | 7-7:30 PM 3 Lanes: ADULT | 7-10:30 PM 3 Lanes: ADULT No Children | 7-7:30 PM 3 Lanes: ADULT No Children | 7-7:30 PM 3 Lanes: ADULT No Children | 7-7:30 PM 3 Lanes: ADULT No Children | 6-8 PM 3 Lanes: ADULT & TEEN |
| | 7:30-8:30 PM 2 Lanes: ADULT No Children | 7:30-8:30 PM 2 Lanes: ADULT No Children | 7:30-8:30 PM 2 Lanes: ADULT No Children | 7:30-8:30 PM 2 Lanes: ADULT No Children | 7:30-8:30 PM 2 Lanes: ADULT No Children | |
| | 8:30-10:30 PM 3 Lanes: ADULT No Children | 8:30-10:30 PM 3 Lanes: ADULT No Children | 8:30-10:30 PM 3 Lanes: ADULT No Children | 8:30-10:30 PM 3 Lanes: ADULT No Children | 8:30-10:30 PM 3 Lanes: ADULT No Children | |

HOURS OF OPERATION

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

FRI
5:30 AM-9 PM

SAT-SUN
7:30 AM-8 PM

NO ADULT LAPSWIM
MON-FRI: 3:45-7 PM
SAT-SUN: 1-3 PM

Download our app for real-time updates

Himan Brown members may use the pool Monday-Friday, 12-1 pm.

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.

* **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.

Shaded areas indicate best times for lap swim.

Swim caps required.

POOL SCHEDULE

Mar 1-Apr 18



AQUATICS CLASSES

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|--|---|--|---|--|--|
| MORNING 9-9:45 AM AQUACISE | MORNING 8:45-9:25 AM AQUACISE Kit West | MORNING 8:30-9:25 AM AQUACISE Twain Revell | MORNING 8:30-9:15 AM INTERVAL AQUA Brad Cole | MORNING 8:30-9:25 AM AQUACISE Twain Revell | MORNING 8:30-9:15 AM AQUA PUMP Chrissy Nance | |
| AFTERNOON & EVENING 6-7 PM BEGINNER SWIM GROUP* | AFTERNOON & EVENING 12-12:45 PM AQUACISE Dee Cocoros 7:30-8:15 PM AQUACISE Kit West | AFTERNOON & EVENING 12-12:45 PM AQUACISE Kit West | AFTERNOON & EVENING 12-12:45 PM AQUA FUSION Roseann Brown 7:30-8:30 PM BEGINNER SWIM GROUP* 7:30-8:30 PM PERFECT STROKES* | AFTERNOON & EVENING 12-12:45 PM AQUACISE Chrissy Nance 7:30-8:30 PM BEGINNER SWIM GROUP* 7:30-8:30 PM DEEP-WATER SWIMMING* | AFTERNOON & EVENING 12-12:45 PM AQUACISE Roseann Brown | AFTERNOON & EVENING 6-7 PM DEEP-WATER SWIMMING* |

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.

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..

INTERVAL AQUA
Vigorous aqua class combining cardio moves and resistance exercises.

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

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|---|--|---|---|--|
| MORNING 7:30-9 AM 9:45 AM-1 PM | MORNING 7:30-8:30 AM 9:30-10:30 AM | MORNING 7:30-8:30 AM 9:30-10:30 AM | MORNING 7:30-8:30 AM 10:30-11:30 AM | MORNING 7:30-8:30 AM | MORNING 7:30-8:30 AM 9:30-10:30 AM | |
| | AFTERNOON & EVENING 8:30-10:30 PM | AFTERNOON & EVENING 7:30-10:30 PM | AFTERNOON & EVENING 7-10:30 PM | AFTERNOON & EVENING 7:30-10:30 PM | | AFTERNOON & EVENING 6-8 PM |

92Y.org/ActivitySchedule

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*Advanced Box Office Registration with Additional Class Fee Required

SPORTS

Mar 1-Apr 18



| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|--|--|--|--|---|
| MORNING | MORNING | MORNING | MORNING | MORNING | MORNING | MORNING |
| 8-9 AM ADULT MEMBER OPEN GYM Lane Gym | 11:45 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 6-9 AM ADULT MEMBER OPEN GYM Lane Gym | 11:50 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 6-9 AM ADULT MEMBER OPEN GYM Lane Gym | 11:45 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 8-9 AM ADULT MEMBER OPEN GYM Lane Gym |
| 9-11 AM ADULT RECREATIONAL BASKETBALL Lane Gym | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING | AFTERNOON & EVENING |
| AFTERNOON & EVENING | 4:30-5:30 PM YOUTH & TEEN OPEN GYM Lane Gym | 4:30-5:30 PM YOUTH & TEEN OPEN GYM Lane Gym | 3-3:45 PM YOUTH & TEEN OPEN GYM Lane Gym | 4:30-5:30 PM YOUTH & TEEN OPEN GYM Lane Gym | 4:30-5:30 PM YOUTH & TEEN OPEN GYM Lane Gym | 12-3 PM ADULT RECREATIONAL BASKETBALL Lane Gym |
| 6-8 PM OPEN GYM Mack Gym | 5:30-6:30 PM YOUTH & TEEN OPEN GYM Mack Gym | 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 4:45-5:30 PM YOUTH & TEEN OPEN GYM Lane Gym | 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 5:30-9 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 3-4 PM TEEN & FAMILY BASKETBALL** Lane Gym |
| | 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym | 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym | 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym | | 5:30-8 PM OPEN GYM Mack Gym |
| | 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym | | 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym | 8:30-10:30 PM COMPETITIVE VOLLEYBALL Mack Gym | | |
| | 9-10:30 PM ADULT MEMBER OPEN GYM Mack Gym | | | | | |

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM
FRI
5:30 AM-9 PM
SAT-SUN
7:30 AM-8 PM

BOXING ROOM AND TRACK RESERVATIONS

Please note, the boxing room and track are reserved for programs during these times:***

Monday: 7-8 AM, 9:15-10:15 AM, 4-7:25 PM
Tuesday: 9:30-11 AM, 4-4:30 PM, 5:30-8 PM
Wednesday: 7-7:45 AM, 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
Saturday: 10:05-10:55 AM

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.

Download our app for real-time updates



[92Y.org/ActivitySchedule](https://www.92Y.org/ActivitySchedule)

Like us on Facebook.com/92YMayCenter
Follow us on Twitter #92Yhealth



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 capped 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. 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

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

HIIT AND BURN

A high intensity interval training workout, 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 workout 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

Gain 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 metabolic rate by increasing lean muscle mass. MON, WED, THU & FRI

RELENTLESS!

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

RESTORATIVE IYENGAR YOGA

Supportive opening poses promote restoration and realignment. All levels. FRI

STRETCH (ALL LEVELS)

Improve your flexibility with basic stretches designed to increase range of motion and prevent injury. SUN

RHYTHMIC PILATES (INT/ADV) LEVELS 2-3

Combines the principles of Pilates exercises with ballet-infused moves to develop sleek muscles and establish posture alignment. Feel a sense of joy moving to beautiful music. SUN

STRETCH & ALIGNMENT

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

TONE ↑

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

Fast-paced cardio moves fused with boot camp-style weight work. WED

TOTAL BODY WORKOUT

Features high intensity aerobic workout, muscular conditioning exercises and a relaxing stretch. MON & FRI

TRIM ↓

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

Use weights, hand weights, bands and body bars to increase metabolism and lose inches. SUN

TRIM, TONE-BUILD BONE (ALL)

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

WEIGHT WORKS (BONE!)

Muscle strengthening and balance/alignment improvement using free weights and other equipment. All levels. MON, WED & FRI

WEIGHT, BARS & BANDS

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 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.