<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Class</th>
<th>Instructor(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>SUN</td>
<td>7 AM</td>
<td>TRANSFORM!</td>
<td>Jordan Dyer</td>
<td>Cardio Court</td>
</tr>
<tr>
<td></td>
<td>(registration required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MON</td>
<td>7:05-8 AM</td>
<td>MOBILITY</td>
<td>Jena Korn</td>
<td>Boxing Room/Track</td>
</tr>
<tr>
<td></td>
<td>(registration required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TUE</td>
<td>7 AM</td>
<td>TRANSFORM!</td>
<td>Jordan Dyer</td>
<td>Cardio Court</td>
</tr>
<tr>
<td></td>
<td></td>
<td>MOBILITY</td>
<td>Jena Korn</td>
<td>Small Gymnasium 4th Floor N 406</td>
</tr>
<tr>
<td></td>
<td></td>
<td>STRENGTH/POWER</td>
<td>Devian Ramos</td>
<td>CCS</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fourth Floor classroom; back of the main cardio work out area</td>
</tr>
<tr>
<td>WED</td>
<td>7:05-8 AM</td>
<td>MOBILITY</td>
<td>Jena Korn</td>
<td>HFS</td>
</tr>
<tr>
<td></td>
<td>(registration required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THU</td>
<td>8-8:30 AM</td>
<td>MOBILITY</td>
<td>Jena Korn</td>
<td>HFS</td>
</tr>
<tr>
<td>FRI</td>
<td>8:05-8:50 AM</td>
<td>CORE GALORE</td>
<td>Alexey Petukhov</td>
<td>Boxing Room</td>
</tr>
<tr>
<td>SAT</td>
<td>10:05-10:55 AM</td>
<td></td>
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</tbody>
</table>

**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.
SMALL-GROUP DESCRIPTIONS

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.

MOBILITY
This class will lead you through a variety of self-myofascial release techniques designed to increase blood flow, improve flexibility, reduce muscle soreness, and decrease your risk of injury. Using foam rollers, tennis balls, and other modalities, this class will keep you feeling good between workouts! Class open to students of all fitness levels but, does require the ability to easily transition from floor to standing

TRANSFORM!
Transform! is a fun and exciting new small group training series lasting 6 or 12 weeks designed to help you transform your workout and physique through full body HIIT workouts, food & nutrition education, and weekly body composition analysis. Start your year off right, and finally reach your fitness goals with Transform!

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. Class requires the ability to support oneself in a plank.

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. Open to students of all fitness levels.

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

NON-MEMBER
8-pack $399
Drop-in $60

Download the mywellness app to register for classes or call 212.415.5746.
*with a 3 month commitment.

REGISTER FOR CLASS WITH THE NEW MYWELLNESS APP!

Download the mywellness app to track your fitness goals and register for classes.
Available at the App Store and Google Play.

92Y.org/ActivitySchedule
Like us at Facebook.com/92YMayCenter
Follow us on Twitter #92Yhealth