

GROUP EXERCISE Jun 17-Jul 28

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 **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 **INTRO TO YOGA**
Gosha Karpowicz CCS

5:30-7 PM **YOGA (INT)**
Gosha Karpowicz CCS

HOURS OF OPERATION

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

FRI
5:30 AM-9 PM

SAT-SUN
7:30 AM-8 PM

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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

11-11:55 AM **POWER STRENGTH**
Michael Hughes HFS*

11-11:55 AM **ZUMBA®**
Xavier Marzan Mack Gym

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

AFTERNOON & EVENING

12:05-1:05 PM **PILATES MAT**
Donna Sisco HFS*

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

1:10-1:55 PM **MINDFULNESS MEDITATION**
Michael Morphis HFS

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**
Ilene Cohen CCS

7:05-8 PM **R.E.D. WARRIOR® 2.0**
Michael Hughes Mack Gym

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

8:05-9 PM **ZUMBA®**
Xavier Marzan Mack Gym

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

TUE

MORNING

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

9-10:15 AM **FIT FOR LIFE**
Michael Hughes Mack Gym/
SS**

9:05-9:55 AM **CARDIO CROSS-TRAINING** Cathy Gargiulo HFS*

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

10-11:20 AM **HATHA FLOW**
Gosha Karpowicz CCS

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

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

AFTERNOON & EVENING

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

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

6:10-6:55 PM **ZUMBA®**
Daniela Grosso 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 **INTRO TO YOGA**
Karen Yat 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

9-9:55 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

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

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

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

12-12:55 PM **ZUMBA®**
Daniela Grosso HFS*

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 **INTRO TO YOGA**
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 **R.E.D. WARRIOR® 2.0**
Michael Hughes Mack Gym

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

10-10:55 AM **ONE & DONE**
Sam Lopez HFS*

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

11-11:55 AM **FORM AND 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

6-7:25 PM **IYENGAR YOGA**
Cory Washburn CCS

6:10-7:05 PM **ZUMBA®**
HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Valerie Downing SS**

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

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

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**
Michael Morphis 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®**
Daniela Grosso HFS*

6-6:55 PM **FEMME VITALE**
Julia Kulakova 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

CLASSROOMS & LOCATIONS

HFS*	Health & Fitness Studio	Basement N B04
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 Bldg. 1 st Floor

* Classes in these locations require participants to first check in at the 3rd floor reception desk to obtain a wristband-of-the-day.
** Call 212.415.5701 24 hours in advance to reserve spin bike.

CLASS DESCRIPTIONS

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

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

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**

FEMME VITALE LEVELS 1-3

A vibrant and sensual movement class that incorporates yoga, tai chi and ancient healing arts with exhilarating rhythms. **FRI**

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*). **TUE**

FLUID FLEXIBILITY & MEDITATION LEVELS 1-3

Mindful motions and deep stretches increase blood flow and rejuvenate. Concludes with a soothing meditation. **THU**

FORM AND FUNCTION LEVELS 1-3

Exercises to tone, strengthen and properly align the body's muscles and bones. **MON, TUE & 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 advance reservations that can be made beginning 24 hours prior to the start of class by calling 212.415.5701. **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 call 212.415.5701 to reserve a Technogym spin bike 24 hours in advance of a class. 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 PILATES LEVELS 1-2

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

INTRO TO YOGA LEVELS 1-2

An easy-to-follow, Hatha Yoga class for beginners. **SUN, TUE & WED**

IYENGAR YOGA LEVELS 2-3

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

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 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 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**

R.E.D. WARRIOR® 2.0 LEVELS 1-3

An intense workout fusing martial arts, fitness, moving meditations, and inspirational conversations to strengthen your body and mind. Redefine your belief in yourself, learn to be present in the moment, quiet your mind, and become aware of your inner strength. **MON & THU**

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. **All levels. FRI**

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! (ALL) LEVELS 1-2

Boost stamina, tone muscles and load bone in the areas most at risk for osteoporotic fracture. **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

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. **MON**

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/activitieschedule](https://www.92Y.org/activitieschedule)

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POOL SCHEDULE

Jun 17-Jul 28

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

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

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 LAP SWIM

MON-FRI
3:45-6 PM

SAT-SUN
1-3 PM

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FOR REAL-TIME UPDATES:



MORNING

5:30-8:15 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

8:15-8:30 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 AM-12 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

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

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

3:45-6 PM
4 Lanes: 4 CHILDREN'S CLASS /
FLYING DOLPHINS SWIM TEAM
No Adults

6-7 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

7-8 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUA ZUMBA
No Children

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

MORNING

5:30-8:15 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

8:15-8:30 AM
4 Lanes: 2 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 AM-12 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

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

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

3:45-6 PM
4 Lanes: 4 CHILDREN'S CLASS /
FLYING DOLPHINS SWIM TEAM
No Adults

6-10:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

MORNING

5:30-6:30 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise
No Children

6:30-7:30 AM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION /
STATIONARY EXERCISE

7:30-8:15 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise
No Children

8:15-8:30 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 AM-12 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

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

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

3:45-6 PM
4 Lanes: 4 CHILDREN'S CLASS /
FLYING DOLPHINS SWIM TEAM
No Adults

6-7 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

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

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

MORNING

5:30-8:15 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise,
No Children

8:15-8:30 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 AM-12 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

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

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

3:45-6 PM
4 Lanes: 4 CHILDREN'S CLASS /
FLYING DOLPHINS SWIM TEAM
No Adults

6-7 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION
No Children

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

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

MORNING

5:30-8:15 AM
4 Lanes: 4 ADULT LAP SWIM
No Stationary Exercise
No Children

8:15-8:30 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 AM-12 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

AFTERNOON & EVENING

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

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

3:45-6 PM
4 Lanes: 4 CHILDREN'S CLASS /
FLYING DOLPHINS SWIM TEAM
No Adults

6-7:30 PM
4 Lanes: 3 ADULT LAP SWIM
1 ADULT INSTRUCTION /
STATIONARY EXERCISE

7:30-9 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

60+ MEMBERS may use the pool Monday-Friday, 12-1 pm.

YOUTH AND TEEN MEMBERS may use the pool Monday-Friday, 3-4:30 pm (Lap Swim only); and Saturday-Sunday, 6-8 pm (Teen Lap Swim only).

STATIONARY EXERCISE is permitted during Adult Lap Swim at the lifeguard's discretion.

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

Jun 17-Jul 28

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

LAP SWIM

SUN	MON	TUE	WED	THU	FRI	SAT
MORNING 7:30-9 AM 3 Lanes: ADULT No Children 9-9:45 AM 2 Lanes: ADULT No Children 9:45 AM-1 PM 3 Lanes: ADULT No Children	MORNING 5:30-8:30 AM 4 Lanes: ADULT No Children 8:30-9:30 AM 2 Lanes: ADULT No Children 9:30 AM-12 PM 2 Lanes: ADULT AFTERNOON & EVENING 12-3:45 PM 2 Lanes: ADULT 3-4:30 PM 1 Lane: YOUTH & TEEN 6-7 PM 3 Lanes: ADULT No Children 7-8 PM 2 Lanes: ADULT No Children 8-10:30 PM 3 Lanes: ADULT No Children	MORNING 5:30-8:30 AM 4 Lanes: ADULT No Children 8:30-9:30 AM 2 Lanes: ADULT No Children 9:30 AM-12 PM 2 Lanes: ADULT AFTERNOON & EVENING 12-3:45 PM 2 Lanes: ADULT 3-4:30 PM 1 Lane: YOUTH & TEEN 6-7 PM 3 Lanes: ADULT No Children	MORNING 5:30-6:30 AM 4 Lanes: ADULT No Children 6:30-7:30 AM 3 Lanes: ADULT 7:30-8:30 AM 4 Lanes: ADULT No Children 8:30-9:30 AM 2 Lanes: ADULT No Children 9:30 AM-12 PM 2 Lanes: ADULT 11:30 AM-12:15 PM 3 Lanes: ADULT No Children AFTERNOON & EVENING 12-3:45 PM 2 Lanes: ADULT 3-4:30 PM 1 Lane: YOUTH & TEEN 6-7 PM 3 Lanes: ADULT No Children 7-8 PM 2 Lanes: ADULT No Children 8-10:30 PM 3 Lanes: ADULT No Children	MORNING 5:30-8:30 AM 4 Lanes: ADULT No Children 8:30-9:30 AM 2 Lanes: ADULT No Children 9:30 AM-12 PM 2 Lanes: ADULT AFTERNOON & EVENING 12-3:45 PM 2 Lanes: ADULT 3-4:30 PM 1 Lane: YOUTH & TEEN 6-7:30 PM 3 Lanes: ADULT No Children 7:30-9 PM 4 Lanes: ADULT No Children	MORNING 7:30-8 AM 2 Lanes: ADULT 8-10 AM 4 Lanes: ADULT No Children 10 AM-1 PM 2 Lanes: ADULT AFTERNOON & EVENING 1-3 PM FAMILY SWIM* No Lap Swim 3-6 PM 2 Lanes: ADULT & TEEN 6-8 PM 3 Lanes: ADULT & TEEN	

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 LAP SWIM

MON-FRI
3:45-6 PM

SAT-SUN
1-3 PM

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60+ MEMBERS may use the pool Monday-Friday, 12-1 pm.

STATIONARY EXERCISE is permitted during Adult Lap Swim at the lifeguard's discretion.

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 Jun 17-Jul 28



AQUATICS CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
MORNING 9-9:45 AM AQUACISE Roseann Brown	MORNING 8:30-9:15 AM AQUA PUMP Chrissy Nance	MORNING 8:30-9:25 AM AQUACISE Twain Revell	MORNING 6:30-7:30 AM DEEP-WATER RUNNING* R.J. Valentin	MORNING 8:30-9:25 AM AQUACISE Twain Revell	MORNING 8:30-9:15 AM AQUA PUMP Chrissy Nance	AFTERNOON & EVENING NO CLASSES SCHEDULED
AFTERNOON & EVENING 6-7 PM BEGINNER SWIM GROUP* Manny Tubens	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Xavier Marzan	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Daniela Grosso	8:30-9:15 AM INTERVAL AQUA Brad Cole	AFTERNOON & EVENING 12:10-12:50 PM AQUACISE Chrissy Nance	AFTERNOON & EVENING 12:10-12:50 PM AQUACISE Roseann Brown	
	7-7:45 PM AQUA ZUMBA* Daniela Grosso		AFTERNOON & EVENING 12:10-12:50 PM AQUA FUSION Roseann Brown	7:30-8:30 PM BEGINNER SWIM GROUP* Geo Nelson	6:30-7:30 PM DEEP-WATER RUNNING* R.J. Valentin	
			7:30-8:30 PM BEGINNER SWIM GROUP* 7:30-8:30 PM PERFECT STROKES*	7:30-8:30 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.

AQUA ZUMBA®

Join the Zumba® pool party and discover a challenging water-based workout that includes cardio conditioning and body toning, combined with signature Latin dance moves.

INTERVAL AQUA

Vigorous aqua class combining cardio moves and resistance exercises.

DEEP-WATER RUNNING*

No swimming skills are necessary in this class that simulates land running without the impact. Using running-like arm and leg movements, the water provides another layer of challenge to the workout.

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 6:30-7:30 AM			
	AFTERNOON & EVENING 8-10:30 PM	AFTERNOON & EVENING 7:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 6:30-7:30 PM	AFTERNOON & EVENING 6-8 PM

*Advanced Box Office Registration with Additional Class Fee Required

92Y.org/activityschedule

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SPORTS Jun 17-Jul 28



SUN	MON	TUE	WED	THU	FRI	SAT
MORNING 8-9 AM ADULT MEMBER OPEN GYM Lane Gym 9-11 AM ADULT RECREATIONAL BASKETBALL Lane Gym	MORNING 11:45 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym	MORNING 6-9 AM ADULT MEMBER OPEN GYM Lane Gym	MORNING 11:45 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym	MORNING 6-9 AM ADULT MEMBER OPEN GYM Lane Gym	MORNING 11:45 AM-1:15 PM ADULT RECREATIONAL BASKETBALL Lane Gym	MORNING 8-9 AM ADULT MEMBER OPEN GYM Lane Gym
AFTERNOON & EVENING 6-8 PM OPEN GYM Mack Gym	AFTERNOON & EVENING 3-5:30 PM ELEMENTARY & TEEN OPEN GYM Lane Gym 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym 9-10:30 PM ADULT MEMBER OPEN GYM Mack Gym	AFTERNOON & EVENING 3-5:30 PM ELEMENTARY & TEEN OPEN GYM Lane Gym 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym	AFTERNOON & EVENING 4:45-5:30 PM ELEMENTARY & TEEN OPEN GYM Lane Gym 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym	AFTERNOON & EVENING 3-5:30 PM ELEMENTARY & TEEN OPEN GYM Lane Gym 5:30-7 PM ADULT RECREATIONAL BASKETBALL Lane Gym 7-10:30 PM INTRAMURAL BASKETBALL* LEAGUE Lane Gym 8:30-10:30 PM COMPETITIVE VOLLEYBALL Mack Gym	AFTERNOON & EVENING 3-5:30 PM ELEMENTARY & TEEN OPEN GYM Lane Gym 5:30-9 PM ADULT RECREATIONAL BASKETBALL Lane Gym	AFTERNOON & EVENING 12:15-2:45 PM ADULT RECREATIONAL BASKETBALL Lane Gym 2:45-4 PM TEEN & FAMILY BASKETBALL** Lane Gym 5:30-8 PM 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

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Please note, the Mack Gym is reserved for camps/private rentals during these times and unavailable for Teen Open Gym.

Monday: 9 am-5 pm
Tuesday: 9 am-5 pm
Wednesday: 10-11 am, 1:30-5 pm
Thursday: 10 am-1 pm
Friday: 9-11:30 am

Please note, the Lane Gym is reserved for camps during this time and unavailable for Teen Open Gym.

Monday: 9-11:30 am, 1:30-3:45 pm
Tuesday: 9-11:30 am, 1-3 pm
Wednesday: 9-11:30 am, 1-3 pm
Thursday: 9 am-3 pm
Friday: 9-11:30 am

BOXING ROOM RESERVATIONS

Please note, the boxing room is reserved for programs during these times:***

Tuesday: 9-11 am, 6:30-8 pm
Wednesday: 6-7 pm
Thursday: 4-5 pm
Saturday: 10-11 am

* 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; wchildren over 7 years require a wmembership or guest pass.
*** Call 212.415.5722 with inquiries about daily boxing room and track schedule updates.

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CLASS DESCRIPTIONS

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

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**

FEMME VITALE

A vibrant and sensual movement class that incorporates yoga, tai chi and ancient healing arts with exhilarating rhythms. **FRI**

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 AND FUNCTION

Exercises to tone, strengthen and properly align the body's muscles and bones. **MON, TUE & 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 advance reservations that can be made beginning 24 hours prior to the start of class by calling 212.415.5701. **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 call 212.415.5701 to reserve a Technogym spin bike 24 hours in advance of a class. 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 YOGA

An easy-to-follow, Hatha Yoga class for beginners. **SUN, TUE & WED**

IYENGAR YOGA

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

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**

R.E.D. WARRIOR® 2.0

An intense workout fusing martial arts, fitness, moving meditations, and inspirational conversations to strengthen your body and mind. Redefine your belief in yourself, learn to be present in the moment, quiet your mind, and become aware of your inner strength. **MON & THU**

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**

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, tone muscles and load bone in the areas most at risk for osteoporotic fracture. **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. **MON**

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.