

GROUP EXERCISE

Dec 9-Jan 26

92 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 **YENGAR 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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FOR REAL-TIME UPDATES:



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 **YENGAR YOGA**
Kavi Patel CCS

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

11-11:55 AM **ZUMBA®**
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 **KICK & BURN**
Michael Hughes Mack Gym

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

8:05-9 PM **ZUMBA®**
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 HFS

AFTERNOON & EVENING

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

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

6:10-6:55 PM **ZUMBA®**
Annette Garcia 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

11-11:55 PM **ZUMBA®**
Daniela Grosso HFS*

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 **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 **FIT FOR CARDIO**
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 **YENGAR YOGA**
Cory Washburn CCS

6:10-7:05 PM **ZUMBA®**
Annette Garcia 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 **YENGAR 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
YENGAR 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.

** Advanced reservation required through a Mywellness kiosk or app

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 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). 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, 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 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

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 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

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

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

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POOL SCHEDULE

Dec 9-Jan 26

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

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-12:10 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:50-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-6:30 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 2 ADULT LAP SWIM
2 FLYING DOLPHINS SWIM TEAM

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-12:10 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:50-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-6:30 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 4 ADULT LAP SWIM
No Children

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

5:30-6:30 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

7:30-8:30 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-12:10 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:50-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-6:30 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 2 ADULT LAP SWIM
2 FLYING DOLPHINS SWIM TEAM

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-12:10 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:50-3:45 PM
3 Lanes: 2 ADULT LAP SWIM
1 CHILDREN'S CLASS

3:45-6:30 PM
4 Lanes: 4 CHILDREN'S CLASS/
FLYING DOLPHINS SWIM
TEAM No Adults

6:30-7 PM
4 Lanes: 4 ADULT LAP SWIM
No Children

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-12:10 PM
4 Lanes: 3 ADULT LAP SWIM
1 STATIONARY EXERCISE
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 ADULT LAP SWIM
1 AQUACISE, No Children

12:50-3:45 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 FLYING DOLPHINS
SWIM TEAM/ 1 ADULT
INSTRUCTION No Adult Lap Swim

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

60+ 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.

DOWNLOAD OUR APP FOR REAL-TIME UPDATES:



POOL SCHEDULE

Dec 9-Jan 26

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

LAP SWIM

SUN

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

AFTERNOON & EVENING

1-3 PM
FAMILY SWIM*
No Lap Swim

3-6 PM
1 Lane: **ADULT**

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 LAPSWIM
MON-THU: 3:45-6:30 PM
FRI: 3:45-7 PM
SAT-SUN: 1-3 PM

MON

MORNING
5:30-7:30 AM
4 Lanes: **ADULT**
No Children

7:30-8:30 AM
3 Lanes: **ADULT**

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
2 Lanes: **ADULT**

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

TUE

MORNING
5:30-7:30 AM
4 Lanes: **ADULT**
No Children

7:30-8:30 AM
3 Lanes: **ADULT**

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
4 Lanes: **ADULT**
No Children

7-10:30 PM
3 Lanes: **ADULT**
No Children

WED

MORNING
5:30-6:30 AM
4 Lanes: **ADULT**
No Children

6:30-8:30 AM
3 Lanes: **ADULT**

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
2 Lanes: **ADULT**

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

THU

MORNING
5:30-7:30 AM
4 Lanes: **ADULT**
No Children

7:30-8:30 AM
3 Lanes: **ADULT**

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
4 Lanes: **ADULT**
No Children

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

FRI

MORNING
5:30-7:30 AM
4 Lanes: **ADULT**
No Children

7:30-8:30 AM
3 Lanes: **ADULT**

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

7-9 PM
4 Lanes: **ADULT**
No Children

SAT

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**

60+ 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.

DOWNLOAD OUR APP FOR REAL-TIME UPDATES:



POOL SCHEDULE

Dec 9-Jan 26



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 Brad Cole	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 6-7 PM DEEP-WATER SWIMMING*
AFTERNOON & EVENING 6-7 PM BEGINNER SWIM GROUP* Manny Tubens	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Daniela Grosso	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Daniela Grosso	AFTERNOON & EVENING 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	
	AFTERNOON & EVENING 7:30-8:15 PM AQUACISE Kit West		AFTERNOON & EVENING 12:10-12:50 PM AQUA FUSION Roseann Brown	AFTERNOON & EVENING 7:30-8:30 PM BEGINNER SWIM GROUP* Geo Nelson	AFTERNOON & EVENING 6-7 PM DEEP-WATER RUNNING* R.J. Valentin	
			AFTERNOON & EVENING 7:30-8:30 PM BEGINNER SWIM GROUP*	AFTERNOON & EVENING 7:30-8:30 PM DEEP-WATER SWIMMING*		
			AFTERNOON & EVENING 7:30-8:30 PM PERFECT STROKES*			

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 7:30-8:30 AM 11:30 AM-12:10 PM	MORNING 7:30-8:30 AM 11:30 AM-12:10 PM	MORNING 6:30-8:30 AM 11:30-12:10 AM	MORNING 7:30-8:30 AM 11:30 AM-12:10 PM	MORNING 7:30-8:30 AM 11:30 AM-12:10 PM	
	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 7:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM		AFTERNOON & EVENING 6-8 PM

*Advanced Box Office Registration with Additional Class Fee Required

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

SPORTS Dec 9-Jan 26

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

AFTERNOON & EVENING

3-8 PM
OPEN GYM
Lane Gym

6-8 PM
OPEN GYM
Mack Gym

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL BASKETBALL Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN OPEN GYM Lane Gym

5:30-6:30 PM
ELEMENTARY & TEEN OPEN GYM Mack 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

MORNING

6-9 AM
ADULT MEMBER OPEN GYM Lane Gym

AFTERNOON & EVENING

3-3:45 PM
ELEMENTARY & TEEN OPEN GYM Lane Gym

4:30-5:30 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

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL BASKETBALL Lane Gym

AFTERNOON & EVENING

3-3:45 PM
ELEMENTARY & TEEN OPEN GYM Lane Gym

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

MORNING

6-9 AM
ADULT MEMBER OPEN GYM Lane Gym

AFTERNOON & EVENING

3-3:45 PM
ELEMENTARY & TEEN OPEN GYM Lane Gym

4:30-5:30 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

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL BASKETBALL Lane Gym

AFTERNOON & EVENING

4:15-5:30 PM
ELEMENTARY & TEEN OPEN GYM Lane Gym

5:30-9 PM
ADULT RECREATIONAL BASKETBALL Lane Gym

MORNING

8-9 AM
ADULT MEMBER OPEN GYM 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 private rentals during these times and unavailable for Teen Open Gym.

Monday: 12:15-1:15 pm, 2-5:30 pm
Tuesday: 3:30-5:30 pm
Wednesday: 2-5:30 pm
Thursday: 1-5:30 pm
Friday: 12:15-6 pm

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

Monday: 2-4:30 pm
Tuesday: 3:45-4:30 pm
Wednesday: 3:45-4:45 pm
Thursday: 3:45-4:30 pm
Friday: 1:15-4:15 pm

BOXING ROOM RESERVATIONS

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

Monday: 9:15-10:15 am, 4-4:20 pm, 5:35-8:30 pm
Tuesday: 7:05-7:55 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: 4:45-6:25 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; children over 7 years require a membership or guest pass.

*** Call 212.415.5722 with inquiries about daily boxing room and track schedule updates.

92Y.org/activitieschedule

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



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 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 AND 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 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**

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**

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.