

# FITNESS CLASS SCHEDULE

**MAY 2017**

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|
| 6:30 - 7:15<br>SUNRISE BEASTANETICS \$<br>Shana   Studio A&B                   | 8:30 - 9:15<br>RENEWAL/RENTAL<br>Teri   Studio A&B<br>Registration required* | 6:30 - 7:15<br>SUNRISE BEASTANETICS \$<br>Shana   Studio A&B          | 7:00 - 8:00<br>WAKE UP YOGA<br>Paola   Studio A&B                                 | 9:00 - 10:00<br>HATHA YOGA<br>Chintamani   Studio A&B  <br><i>please arrive 15 mins early</i> | 9:00 - 10:00<br>TOTAL BODY BURN<br>Toni   Studio A&B      |
| 9:00 - 9:55<br>FUNCTIONAL TRAINING<br>Shana   Studio A&B                       | 9:45 - 10:45<br>TAI CHI<br>Roberto   Studio A&B                              | 9:00 - 10:00<br>HATHA YOGA<br>Susan   Community Room<br>A&B           | 10:00 - 11:00<br>PILATES FUNDAMENTALS<br>Jennifer   Community<br>Room B (Beg/Int) | 10:15 - 11:15<br>Mr.Gu<br>Ken   Studio A&B  | 9:00 - 10:00<br>SATURDAY PILATES<br>Chintamani   Room 403 |
| 10:15 - 11:15<br>IYENGAR YOGA<br>Brina   Studio A&B<br>(All Levels)            | 11:00-11:45<br>LOW IMPACT CARDIO &<br>CONDITIONING<br>Julie C.   Gymnasium   | 10:30 - 11:20<br>AEROBICS W/<br>STRENGTH TRAINING<br>Ivy   Gymnasium  | 11:00 - 11:45<br>GROOVE: YOUNG AT<br>HEART<br>Yvonne   Gymnasium                  | 11:00 - 11:45<br>ZUMBA GOLD<br>Denise   Gymnasium   | 10:15 - 11:45<br>VINYASA YOGA<br>Robin   Studio A&B       |
| 10:30 - 11:20<br>AEROBICS W/<br>STRENGTH TRAINING<br>Ivy   Gymnasium           | 11:00 - 12:00<br>POSTPARTUM PILATES<br>W/ BABY<br>Elizabeth   Studio A&B     | 11:30-12:15<br>SILVERSNEAKERS CIRCUIT<br>Ivy   Gymnasium              | 12:00 - 12:55<br>LUNCH CRUNCH<br>BOOTCAMP<br>Natasha   Studio A                   | 11:30 - 12:00<br>LUNCH CRUNCH STRENGTH<br>Elizabeth   Studio A&B                              | 12:15 - 1:15<br>TAI CHI<br>Roberto   Studio A&B           |
| 11:30-12:15<br>SILVERSNEAKERS CLASSIC<br>Elizabeth   Gymnasium                 | 12:15-1:00<br>LUNCH CRUNCH PILATES<br>Elizabeth   Studio A&B                 | 12:00 - 12:50<br>LUNCH CRUNCH<br>FUSION WORKOUT<br>Josue   Studio A&B | 1:00 - 2:00<br>NEW BODY / NEW BABY<br>Kim   Studio A                              | 12:00 - 12:15<br>LUNCH CRUNCH ABS<br>Elizabeth   Studio A&B                                   | 1:30 - 2:30<br>BOXING**<br>Jacob   Studio A&B             |
| 12:00 - 12:50<br><b>NEW!</b> BOX, TONE AND STRETCH<br>Jennifer   Studio A&B    | 12:30 - 1:30<br>SIT + BE FIT<br>Sheila   Community Room B                    | 1:00 - 1:45<br>MOMMY & ME BARRE<br>Julie GK   Studio A                | 6:15 - 7:15<br>YAMUNA BODY ROLLING<br>Karen/Staff   Room 403                      | 12:15 - 1:15<br>MOMMY & ME YOGA<br>Stephanie   Community<br>Room B                            | <b>SUNDAY</b>   |
| 1:00 - 1:45<br>LUNCH CRUNCH<br>ZUMBA<br>Bobby   Studio A                       | 6:15 - 7:15<br>NIA JAZZ<br>Yvonne   Studio A&B                               | 2:00 - 3:00<br>JUGGLING<br>Alice   Studio A                           | 6:30 - 7:15<br>TABATA<br>Josue   Studio A&B                                       | 12:30 - 1:30<br>LUNCH CRUNCH<br>YOGA<br>Anne   Community A                                    | 9:00-9:50<br>SUNDAY HIITs<br>Lauren   Studio A&B          |
| 6:15 - 7:15<br>TOTAL BODY CONDITIONING:<br>CARDIO SCULPT<br>Maddi   Studio A&B | 6:45-7:30<br>PILATES FUNDAMENTALS<br>Cathy   Community Room                  | 6:20 - 7:20<br>ZUMBA<br>Bobby   Studio A&B                            | 6:40 - 7:35<br>PILATES FUNDAMENTALS<br>Desira   Community A&B                     | 3:00 - 4:00<br>CHAIR CHALLENGE<br>Sheila / Maggie<br>Room 403                                 | 10:00 - 11:30<br>VINYASA YOGA<br>Lorrie   Studio A&B      |
| 7:00 - 8:00<br>PUNK ROPE<br>Shana   Gymnasium                                  | 7:30 - 8:30<br>BOXING**<br>Jacob   Studio A&B                                | 7:00 - 8:30<br>VINYASA YOGA<br>Lorrie   Community Room<br>A&B         | 7:30 - 8:45<br>ADV BEG YOGA<br>Patricia   Fitness Studio                          | 6:15 - 7:15<br>NIA DANCE<br>Yvonne   Studio A&B   | 11:45 - 12:45<br>SUNDAY PILATES<br>Tara   Studio A&B      |
| 7:00-8:15<br>VINYASA OPEN YOGA<br>Matthew   Community Room<br>A&B              | 7:40 - 8:40<br>PILATES FLOW<br>Cathy   Community Room<br>A&B                 | 7:30 - 8:30<br>TOTAL BODY CHALLENGE<br>Josue   Studio A&B             | 7:30 - 8:30<br>PRE-NATAL YOGA<br>Shahar   Room 403                                |   | 1:00 - 2:00<br>ZUMBA<br>Celeste   Studio A&B              |
| 7:30 - 8:30<br>YOGA BASICS<br>Julie GK   Studio A&B                            |  |   |   |   | 5:15 - 6:30<br>BARRE<br>Sheila   Studio A&B               |

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| Beginner     | <p><b>PLEASE NOTE:</b> All equipment provided. Classes are free for members except where indicated (\$). Non-Members can attend with purchase of a Day Pass. Non-Members can attend Mommy &amp; Me classes with purchase of a 5-class Punch Card. See Service Desk for details. Classes are subject to change without notice.</p> <p><b>Childcare available:</b> Daily 8:45 AM - 2:00 PM</p> <p><b>*RENEWAL:</b> This program is for those currently or recently receiving treatment for cancer and is limited to one year from the time of enrollment. A physician's note is required for participation. For information and registration, contact Alison Snow, PhD, LCSW-R, OSW: 212.844.6022 / alison.snow@mountsinai.org</p> <p><b>**BOXING:</b> Gloves available for purchase at Service Desk</p> |
| Intermediate |  |
| Advanced     |  |
| Mommy & Me   |  |