

| 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>SUNRISE YOGA<br>Paola   Studio A/B                             | 9:00 - 10:00<br>HATHA YOGA<br>Chintamani   Studio A/B<br><i>please arrive 15 min 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 A/B                   | 10:00 - 11:00<br>PILATES FUNDAMENTALS<br>Jennifer   Community B<br>(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 WITH WEIGHTS<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 - 12:30<br>LUNCH CRUNCH STRENGTH<br>Elizabeth   Studio A/B              | 11:30 - 12:15<br>LUNCH CRUNCH<br>BOOTCAMP<br>Natasha   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 | 12:30 - 12:45<br>LUNCH CRUNCH ABS<br>Elizabeth   Studio A/B                   | 12:15 - 1:15<br>MOMMY & ME YOGA<br>Stephanie<br>Community B                                | 1:30 - 2:30<br>BOXING**<br>Jacob   Studio A/B             |
| 12:00 - 12:50<br>BOX, TONE AND STRETCH<br>Jennifer   Studio A&B                | 12:30 - 1:30<br>SIT + BE FIT<br>Sheila   Community A                         | 1:00 - 1:45<br>MOMMY & ME BARRE<br>Julie GK   Studio A                | 1:00 - 2:00<br>NEW BODY / NEW BABY<br>Kim   Studio A                          | 3:00 - 4:00<br>CHAIR CHALLENGE - YOGA<br>Sheila   Room 403                                 | <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                           | 6:15 - 7:15<br>YAMUNA BODY ROLLING<br>Karen   Room 403                        | 6:15 - 7:15<br>NIA DANCE<br>Yvonne   Studio A/B  | 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 A/B                   | 6:20 - 7:20<br>ZUMBA<br>Bobby   Studio A/B                            | 6:30 - 7:15<br>TABATA<br>Josue   Studio A/B                                   |  | 10:00 - 11:30<br>VINYASA YOGA<br>Lorrie   Studio A/B      |
| 7:00-8:15<br>VINYASA OPEN YOGA<br>Matthew   Community A/B                      | 7:30 - 8:30<br>BOXING**<br>Jacob   Studio A/B                                | 7:00 - 8:30<br>VINYASA YOGA<br>Lorrie<br>Community A/B                | 6:40 - 7:35<br>CINCH PILATES<br>Desira   Community A/B                        |  | 11:45 - 12:45<br>SUNDAY PILATES<br>Tara   Studio A/B      |
| 7:30 - 8:30<br>YOGA BASICS<br>Julie GK   Studio A/B                            | <b>NEW!</b> 7:30 - 8:15<br>MEDITATION<br>Ellie   Room 403                    | 7:30 - 8:30<br>TOTAL BODY CHALLENGE<br>Josue   Studio A/B             | 7:30 - 8:30<br>IYENGAR YOGA<br>Brina   Studio A/B                             |  | 1:00 - 2:00<br>ZUMBA<br>Celeste   Studio A/B              |
|  |  |   | 7:30 - 8:30<br>PRE-NATAL YOGA<br>Shahar   Room 403                            |  | 5:15 - 6:30<br>BARRE<br>Sheila   Fitness Studio           |

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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:</b> Available 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   |   |