

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana   Studio A&B	8:30 - 9:15 RENEWAL/RENTAL Teri   Studio A&B Registration required*	6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana   Studio A&B	7:00 - 8:00 SUNRISE YOGA Paola   Studio A&B	7:00 - 8:00 TAI CHI Roberto   Studio A&B	9:00 - 10:00 TOTAL BODY BURN Toni   Studio A&B
9:00 - 9:55 FUNCTIONAL TRAINING Shana   Studio A&B	9:45 - 10:45 TAI CHI Roberto   Studio A&B	9:00 - 10:00 HATHA YOGA Susan   Community A&B	11:00-11:50 PILATES FUNDAMENTALS Julie C   Studio A&B	9:00 - 10:00 HATHA YOGA Chintamani   Studio A&B <i>please arrive 15 mins early</i>	9:00 - 10:00 Saturday PILATES Julie C   Room 403
10:15 - 11:30 IYENGAR YOGA Brina   Studio A/B (All Levels)	11:00-11:45 LOW IMPACT CARDIO & CONDITIONING Julie C.   Gymnasium	10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy   Gymnasium	11:00 - 11:45 GROOVE: YOUNG AT HEART WITH WEIGHTS Yvonne   Gymnasium	10:15 - 11:15 Mr.Gu Ken   Studio A&B	10:15 - 11:45 VINYASA YOGA Robin   Studio A&B
10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy   Gymnasium	11:00 - 12:00 POSTPARTUM PILATES W/ BABY Elizabeth   Studio A&B	11:30-12:15 SILVERSNEAKERS CIRCUIT Ivy   Gymnasium	12:00 - 12:30 LUNCH CRUNCH STRENGTH Elizabeth   Studio A&B	11:00 - 11:45 ZUMBA GOLD Denise   Gymnasium	12:15 - 1:15 TAI CHI Roberto   Studio A&B
11:30-12:15 SILVERSNEAKERS CLASSIC Elizabeth   Gymnasium	12:15-1:00 LUNCH CRUNCH PILATES Elizabeth   Studio A&B	12:00 - 12:50 LUNCH CRUNCH FUSION WORKOUT Josue   Studio A&B	12:30 - 12:45 LUNCH CRUNCH ABS Elizabeth   Studio A&B	11:30 - 12:15 LUNCH CRUNCH BOOTCAMP Johari   Studio A&B	1:30 - 2:30 BOXING** Jacob   Studio A&B
1:00 - 1:45 LUNCH CRUNCH ZUMBA Bobby   Studio A	12:30 - 1:30 SIT + BE FIT Sheila   Community B	1:00 - 1:45 BABY & ME BARRE Julie GK   Studio A	1:00 - 2:00 NEW BODY / NEW BABY Kim   Studio A	12:45 - 1:45 BABY & ME YOGA Stephanie   Community A	<b>SUNDAY</b>
6:15 - 7:15 BOLLY X Adja   Studio A&B	6:15 - 7:15 NIA JAZZ Yvonne   Studio A&B	2:00 - 3:00 JUGGLING Alice   Studio A	6:30 - 7:15 TABATA Josue   Studio A&B	1:00 - 2:00 CHAIR CHALLENGE Sheila   Studio AB	9:00-9:50 SUNDAY HIITs Johari   Studio A&B
7:00-8:15 VINYASA OPEN YOGA Natalia   Community AB	7:30 - 8:30 BOXING** Jacob   Studio A&B	6:15 - 7:15 ZUMBA Bobby   Studio A&B	7:30 - 8:45 IYENGAR YOGA Brina   Studio A&B	6:15 - 7:15 NIA DANCE Yvonne   Studio A&B	10:00 - 11:30 VINYASA YOGA Lorrie   Studio A&B
7:30 - 8:30 YOGA BASICS Susan I   Studio A&B	<b>New Time!</b> 7:15 - 8:15 PILATES Bethany   Community AB	7:15 - 8:15 VINYASA OPEN YOGA Melissa   Com. AB			11:45 - 12:45 SUNDAY PILATES Tara   Studio A&B
	7:30 - 8:15 MEDITATION Ellie   Room 403	7:30 - 8:30 TOTAL BODY CHALLENGE Josue   Studio A&B			1:00 - 2:00 ZUMBA Celeste   Studio A&B
					5:15 - 6:30 BARRE Sheila   Studio A&B

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	