

# HOLIDAY FITNESS CLASS SCHEDULE

## SUNDAY | DEC 23

**1:00 – 2:00 pm**

Zumba with Celeste in the 14Y Gym.

## MONDAY | DEC 24

**10:30 – 11:20 am**

Aerobics with Strength Training with Ivy in the 14Y Gym.

**11:30 am – 12:15 pm**

Silver Sneakers Classic with Elizabeth in the 14Y Gym.

## TUESDAY | DEC 25

Building Open – NO CLASSES

## WEDNESDAY | DEC 26

**10:30 – 11:20 am**

Aerobics with Strength Training with Ivy in the 14Y Gym.

**11:30 am – 12:15 pm**

Silver Sneakers Circuit with Ivy in the 14Y Gym.

## THURSDAY | DEC 27

**11:00 – 11:45 am**

Groove Young at Heart with Yvonne in the 14Y Gym.

**12:00 – 12:30 pm**

Lunch Crunch Strength with Elizabeth in the 14Y Gym.

**12:30 – 12:45 pm**

Lunch Crunch Abs with Elizabeth in the 14Y Gym.

**6:30 – 7:15 pm**

Tabata with Josue in Studio AB

**7:30 – 8:45 pm**

Iyengar Yoga with Brina in Studio AB

## DEC 28 – DEC 30

Normal Fitness Schedule  
14StreetY.org/Schedules

## MONDAY | DEC 31

Building Closes at 6:00 pm  
NO CLASSES after 6:00 pm

## TUESDAY | JAN 1

Building Closed – NO CLASSES

No Open Gym in the Gymnasium on Thursday, Dec., 27 from 12:00 – 1:00 pm

## YIDDISH NEW YORK

December 22 – 27

Yiddish New York is the nation's largest festival of Yiddish culture, which is happening here at the 14th Street Y. Six days of lectures, concerts, language, workshops, films, klezmer, dance, theater and visual art—affordable for adults and kids!

**Learn more and register at [YiddishNewYork.com](http://YiddishNewYork.com)**

Receive a 10% discount on 6-day registrations using code **YNY10**

## PERSONAL TRAINING SPECIAL

During the week that Yiddish New York takes over the 14Y, **save \$10** on a single personal training session. Normally \$70 per hour, now you can work out one-on-one with a 14Y personal trainer for just \$60! This offer is only available December 22 – 31, so hurry and book your session today!

This is an awesome opportunity to check out the fitness center and try something new!

**Learn more and book your session at [14StreetY.org/PersonalTraining](http://14StreetY.org/PersonalTraining)**

