

You live downtown, so why not live life to its absolute fullest at your neighborhood community center? Become a member today!

## STAY FIT THIS SUMMER

Our facility is home to a brand new fitness center with state-of-the-art equipment, a full-size, indoor basketball court, and a refreshing swimming pool. Our motivating and friendly fitness instructors will encourage and challenge you to achieve your personal best. They'll ensure you work-up a sweat while having a great time that'll leave you smiling for hours. Come to the 14th Street Y to harmonize your mind, body, and spirit. We'll keep you healthy and fit for life.



### ONGOING FITNESS CLASSES

With more than 50 fitness classes per week, you'll find your perfect workout. Our fitness classes are free with membership.

#### A few of our classes include:

- Aerobics with Strength Training
- Baby & Me Fitness
- Bolly X
- Bootcamp
- Boxing
- Functional Training HIIT
- Juggling
- Lunch Crunch Classes
- Nia Jazz and Dance
- Pilates | Tabata
- Tai Chi
- Total Body Fitness
- Yoga: Basic, Hatha, Iyengar, and Vinyasa
- Zumba

### SPECIALIZED FITNESS CLASSES + POP UPS

#### SUNRISE BEASTANETICS

**Mondays and Wednesdays | June 3 – July 10  
6:30 – 7:15 am**

Make a 6-week commitment to improve your fitness level and get ripped in the process. 12 classes of high intensity, back-to-basics, no-nonsense interval training. If you attend 100 percent of the workouts within your first session, your next session will be free!

**M \$120, NM \$180**

#### TAI CHI AT SUMMER IN THE SQUARE

**Thursdays | June 13 – Aug 8 | 9:00 – 9:45 am  
(no class July 4)**

Enjoy an outdoor Tai Chi class on the big lawn under the shady canopy of trees in Union Square Park with dynamic instructor, Roberto Sharpe. Tai chi is an art that promotes balance, strength, grace, and flexibility, and it promotes a meditative mood with its "dance of quiet motion."

**FREE FOR ALL!**

#### SUNRISE YOGA ON THE ROOF

**Thursdays | June 6 – Aug 29 | 7:00 – 8:00 am  
(no class July 4)**

Start your summer mornings with this energizing practice on our rooftop and breathe in a fresh start to your day!

**M Free, NM \$25**

#### ROOFTOP TABATA

**Thursdays | June 6 – Aug 22 | 6:30 – 7:15 pm**

Tabata, a high-intensity interval training workout, focuses on 20 seconds of exercise followed by 10 seconds of rest, which is repeated 8 times per set.

**M Free, NM \$25**

#### SUMMER ROOFTOP DANCE PARTY

**Monday | July 1 | 6:00 – 8:00 pm**

Have fun in the sun at our Summer Rooftop Dance Party! An instructor led summer celebration set to everyone's favorite party dance songs.

**M Free, NM \$25**



For full class descriptions and schedule, please visit [14StreetY.org/FitnessClasses](https://14StreetY.org/FitnessClasses) and [14StreetY.org/Schedules](https://14StreetY.org/Schedules)

### PARENT + BABY FITNESS

**FREE FOR ALL MEMBERS**

**NM \$100 for 5 Class Punch Card or  
\$25 per class**

#### POSTPARTUM PILATES WITH BABY

**Ages 6 weeks – pre-crawling**

**Tuesdays | 11:00 am – 12:00 pm**

Our postpartum Pilates will address every new mom's biggest body challenge: how to get one's abdominal muscles working again! This class focuses on rediscovering waistlines and restoring posture while getting your energy and strength freely flowing. Babies interact and play while you workout.

#### BABY & ME BARRE

**Ages 6 weeks – pre-crawling**

**Wednesdays | 1:00 – 1:45 pm**

Blending the best of ballet technique, Pilates and yoga, this Barre class is modified specifically for postnatal moms, targeting key areas for a highly efficient and effective workout.

#### NEW BABY, NEW BODY!

#### NEW MOM'S FITNESS CLASS

**Ages 6 weeks – pre-crawling**

**Thursdays | 1:00 – 2:00 pm**

The class incorporates aerobics, strength training, and toning with relaxing and playful songs for your baby.

#### BABY & ME YOGA

**Ages 6 weeks – pre-crawling**

**Fridays | 12:45 – 1:45 pm**

Come to Baby & Me Yoga as soon as your doctor/midwife gives you the go-ahead. A class that combines a series of movements, postures, and breath that aims to stretch, strengthen, release tension, and bring awareness to key areas of the body that are affected from having a new baby. Guide your baby through gentle postures designed to enhance infant development. Babies can also interact with each other.

For more information and to register please visit [14StreetY.org/BabyMeFitness](https://14StreetY.org/BabyMeFitness)



## BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Swing by for a drop-in dribble-and-shoot or an impromptu game in our indoor court or lace up for one of our basketball leagues or classes. Our full-court schedule includes dedicated times for adult members and for teens as well as our men's and women's leagues.

Basketball classes and leagues take place in the fall and spring. Stay tuned for information in our fall catalog or online.

For more information about basketball and basketball leagues, please contact: Gil Pagan at [GPagan@14StreetY.org](mailto:GPagan@14StreetY.org) or visit [14streetY.org/basketball](http://14streetY.org/basketball)



## PERSONAL TRAINING

### PRIVATE OR PARTNERED

Connect with a 14th Street Y personal trainer and change your life for the better. Take the opportunity for focused, one-on-one instruction from some of the foremost experts in the NYC fitness field. Our certified professionals will draft a custom road map to your personal best, and encourage and inspire you every step of the way.

Our pledge to you: you'll get results and enjoy your workout. Learn more about our personal training packages and meet one of our trainers today.

### NEW MEMBER?

#### GET A JUMP START!

**4 one hour sessions for \$170\***

\*Must be purchased within the first 30 days of membership. Sessions have a 60 day expiration date.

### PERSONAL TRAINING

**One hour sessions | Single Session: \$70**  
**Five Session Package: \$330 (\$66/session)**  
**Ten Session Package\*: \$700 (\$63/session)**

\*Includes 1 BONUS session

**30-minute sessions | Single Session: \$45**  
**Five Session Package | \$215 (\$43/session)**  
**Ten Session Package\* | \$450 (\$41/session)**

\*Includes 1 BONUS session

### PARTNER TRAINING

**One hour sessions**  
**Partner Training Single Session \$40/person**  
**Five Partner Training Session Package \$185 (\$37/session)**  
**Ten Partner Training Session Package\* \$400 (\$36/session)**

\*Includes 1 BONUS session



For more information about personal training or to schedule a session, please visit [14StreetY.org/PersonalTraining](http://14StreetY.org/PersonalTraining) or contact [PT@14StreetY.org](mailto:PT@14StreetY.org)

# SUMMER IS HERE!

## 14Y SUMMER MEMBERSHIP

Available May 1 – August 31

**individuals | Save up to \$146**  
**Families | Save up to \$235**

visit [14StreetY.org/SummerDeal](http://14StreetY.org/SummerDeal) to learn more.

ONLY FOR A LIMITED TIME  
Must be 18 years and over, and a new customer.