

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana Studio A&B		6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana Studio A&B	7:00 - 8:00 SUNRISE YOGA Paola Rooftop (Studio A&B rain days)	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 Theater <i>(Rm Change ends 7/23)</i>	9:00 - 10:00 HATHA YOGA Susan Theater <i>(Rm Change ends 7/24)</i>	9:00 - 9:50 PILATES FUNDAMENTALS Bethany 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)	11:15 - 12:00 <i>(new time!)</i> LOW IMPACT CARDIO & CONDITIONING Louise G. Gymnasium	10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy Gymnasium	11:15 - 12:00 <i>(new time!)</i> 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 BOOTCAMP Louise G. 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 FITNESS Julie GK Studio A	1:00 - 2:00 BABY & ME BARRE Kim Studio A	12:45 - 1:45 BABY & ME YOGA Stephanie Playroom (4th floor)	SUNDAY
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 Rooftop (Studio A&B rain days)	1:00 - 2:00 SIT + BE FIT 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 Nicole 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	7:15 - 8:15 PILATES Bethany Community AB				11:45 - 12:45 SUNDAY PILATES Tara Studio A&B
					1:00 - 2:00 ZUMBA Celeste Studio A&B

Beginner	<p>PLEASE NOTE: 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 & Me classes with purchase of a 5-class Punch Card. See Service Desk for details. Classes are subject to change without notice.</p> <p>CHILDCARE: Available daily 8:45 AM - 2:00 PM</p> <p>*RENEWAL: 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>**BOXING: Gloves available for purchase at Service Desk.</p>
Intermediate	
Advanced	
Mommy & Me	