

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

STAY FIT THIS FALL

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



For full class descriptions and schedule, please visit 14StreetY.org/FitnessClasses and 14StreetY.org/Schedules

SPECIALIZED FITNESS CLASSES + POP UPS

SUNRISE BEASTANETICS

Mondays and Wednesdays

Session I | Sept. 9 – Oct. 28

Session II | Nov. 4 – Dec. 16

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

No class 9/30, 10/9, 10/14, and 11/11

AFRO CARDIO JAM WITH JOHARI

Wednesday, Sept. 18 | 7:30 – 8:30 PM

This fun, interactive, and high energy dance class is geared towards adult movers new to African dance. All participants will be introduced to the energy, style, and movements of the African continent while building mind and body awareness and cardiovascular strength. Come and get your bliss on!

M Free NM \$25

SATURDAY BOOTCAMP

Saturdays | 1:30 – 2:30 PM

Fitness Instructor Louise will guide you through a full body workout using kettlebells, agility ladders, bosu balls, and other fitness equipment. Each workout is a new challenge!

M Free, NM \$25



FALL OPEN HOUSE

Sunday | Sept. 8 | 9:00 AM – 2:00 PM

Grab a friend and experience the best of what 14Y membership has to offer at our Fall Open House! This fun-filled day features special fitness classes taught by 14Y instructors including Zumba and HIIT, family swim, basketball, and lots of tasty drinks and treats for all to enjoy. Other highlights include neighborhood partners and raffles for amazing prizes including a free yearly membership for individuals and families, plus so much more!

COMMUNITY BREAKFAST

Wednesday | Oct. 16 | 8:30 – 10:30 AM

Celebrate fall with your East Village community! Enjoy delicious refreshments, learn about our wonderful fall programs and events, and connect with friends and neighbors.



ADULT LEARN TO SWIM

Choose from different levels of classes, from beginner's swim to building and refining your swimming stroke technique. All swim classes are taught by certified water safety instructors. We also offer private and semi-private swim lessons.

AQUA FITNESS CLASSES

Looking for a low-impact, full-body workout? Check out our refreshing and fun aquatics fitness classes taught by expert instructors in aqua aerobics, cardio, and boot camp.

Learn more at 14StreetY.org/Aquatics



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.

No class 10/1 and 11/5

BABY & ME FITNESS

Ages 6 weeks – pre-crawling

Wednesdays | 1:00 – 1:45 pm

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

No class 11/28, 12/27, and 1/3

BABY & ME BARRE

Ages 6 weeks – pre-crawling

Thursdays | 1:00 – 2:00 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.

No class 11/28, 12/26, and 1/2

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.

No class 11/28, 12/27, and 1/3

For more information and to register
please visit 14StreetY.org/BabyMeFitness



BASKETBALL

Pickup basketball games happen every day at the 14th Street Y. Swing by your East Village community center for a drop-in dribble-and-shoot or an impromptu game in our indoor court. Our gymnasium schedule includes dedicated times for adult members and for teens as well as our men's and women's leagues. Visit 14StreetY.org/Schedules for more info.

MEN'S BASKETBALL LEAGUE

Prices listed include regular season, playoffs, championship game, team shirt, and referee fees. For more information about basketball leagues, please contact:

Gil Pagan at GPagan@14StreetY.org

*Basketball league games are subject to change.

Open Scrimmage:

Sunday | Oct 6 | 4:00 – 7:00 pm

First Game: Sunday | Oct 20

Individual: M \$145, NM \$170

Team (up to 8 Players): \$1,200



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: \$75

Five Session Package: \$355 (\$71/session)

Ten Session Package*: \$750 (\$68/session)

*Includes 1 BONUS session

30-minute sessions | Single Session: \$50

Five Session Package | \$240 (\$48/session)

Ten Session Package* | \$500 (\$45/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 or contact PT@14StreetY.org