






FITNESS SCHEDULE




This schedule is subject to change.
For updates: 14StreetY.org/FitnessClasses

MONDAY






-  **GET FIT =** (Gymnasium)
with Ivy 10:00 – 11:00 AM
-  **INTUITIVE ALIGNMENT –**
with Anne 10:00 – 11:00 AM
-  **SILVER SNEAKERS –**
with Elizabeth 11:30 AM – 12:15 PM
-  **ZOOM-BA =**
with Mickey 5:30 – 6:30 PM
-  **VINYASA YOGA ≡**
with Jolene 6:00 – 7:00 PM

-  **HIIT ≡** (Fitness studio)
with Josue 6:15 – 7:00 PM

TUESDAY

-  **TAI CHI –**
with Roberto 9:00 – 10:00 AM
-  **LOW IMPACT CARDIO
AND CONDITIONING –**
with Shana 11:00 – 11:45 AM
-  **PILATES PLUS =** (Fitness studio)
with Elizabeth 11:30 AM – 12:15 PM
-  **ZUMBA =**
with Demetra 6:00 – 7:00 PM
-  **ZEN SURF YOGA =** (Fitness studio)
with Jennifer 6:30 – 7:30 PM

WEDNESDAY

-  **PILATES MAT =**
with Gail 9:30 – 10:30 AM
-  **AEROBICS WITH STRENGTH
TRAINING =** (Gymnasium)
with Ivy 10:00 – 10:50 AM
-  **ZUMBA GOLD =**
with Adja 11:00 – 11:45 AM
-  **SIT 'N BE FIT –** (Fitness studio)
with Sheila 11:30 AM – 12:20 PM
-  **CHAIR YOGA –**
with Susan 12:30 – 1:15 PM



THURSDAY

-  **INTUITIVE ALIGNMENT –** (Gymnasium)
with Anne 10:00 – 11:00 AM
-  **SILVER SNEAKERS
WITH CORE AND MORE –**
with Elizabeth 12:00 – 12:45 PM

-  **PILATES =**
with Leorna 5:00 – 6:00 PM

-  **MOVE & GROOVE –** (Fitness studio)
with Adja 6:30 – 7:20 PM

FRIDAY


-  **HATHA YOGA =**
with Chintamani 9:00 – 10:00 AM
-  **TAI CHI –**
with Roberto 10:30 – 11:15 AM

-  **TOTAL BODY BURN =** (Fitness studio)
with Toni 11:30 AM – 12:15 PM

SATURDAY

-  **MASALA BHANGRA =**
with Cloe 10:30 – 11:15 AM
-  **PILATES =**
with Allyson 11:30 AM – 12:30 PM

SUNDAY

-  **BODYWEIGHT
WORKOUT =** (Fitness studio)
with Johari 9:00 – 9:45 AM
-  **RESILIENT STRENGTH =**
with Shana 10:00 – 10:50 AM
-  **VINYASA YOGA ≡**
with Natalia 11:00 AM – 12:00 PM
-  **SLOW FLOW YOGA –**
with Leorna 12:00 – 1:00 PM
-  **ZUMBA =** (Gymnasium)
with Celeste 1:00 – 1:45 PM

 **IN-PERSON**  **VIRTUAL**  **HYBRID**

 **GENTLE –**
 **INTERMEDIATE =**
 **HIGH INTENSITY ≡**

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