



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
- 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 –** (Fitness studio)
with Anne 10:00 – 11:00 AM
- SILVER SNEAKERS WITH CORE AND MORE –**
with Elizabeth 12:00 – 12:45 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
- ZUMBA =** (Gymnasium)
with Celeste 1:00 – 1:45 PM

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

GENTLE –
 INTERMEDIATE =
 HIGH INTENSITY ≡

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212-780-0800 | 14StreetY.org

