

VIRTUAL FITNESS SCHEDULE



MONDAY

PILATES =

with C 9:00 – 9:50 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

TUESDAY

TAI CHI –

with Roberto 9:00 – 10:00 AM

LOW IMPACT CARDIO AND CONDITIONING –

with Shana 11:00 – 11:45 AM

PILATES PLUS HYBRID = (Fitness studio)

with Elizabeth 11:00 – 11:45 AM

ZUMBA =

with Demetra 6:00 – 7:00 PM

WEDNESDAY

ZUMBA GOLD =

with Adja 10:45 – 11:30 AM

THURSDAY

SILVER SNEAKERS

WITH CORE AND MORE =

with Elizabeth 12:00 – 12:45 PM

FRIDAY

HATHA YOGA =

with Chintamani 9:00 – 10:00 AM

TAI CHI –

with Roberto 10:30 – 11:15 AM

SATURDAY

PILATES =

with Allyson 11:30 AM – 12:30 PM

SUNDAY

RESILIENT STRENGTH =

with Shana 10:00 – 10:50 AM

VINYASA YOGA ≡

with Natalia 11:00 AM – 12:00 PM

GENTLE –

INTERMEDIATE =

HIGH INTENSITY ≡

Fitness class schedules

subject to change.

Visit 14StreetY.org/FitnessClasses
for the latest information.

344 East 14th Street at 1st Ave
New York, NY 10003
212-780-0800 | 14StreetY.org

IN-PERSON FITNESS SCHEDULE



MONDAY

MORNING YOGA = (Fitness studio)
with Jennifer 7:00 – 7:50 AM

STRENGTH & CONDITIONING = (Fitness studio)
with Caroline 9:30 – 10:20 AM

* **GET FIT** = (Gymnasium)
with Ivy 10:00 – 11:00 AM

POWER HOUR BODY CHALLENGE = (Fitness studio)
with Janet 6:30 – 7:20 PM

TUESDAY

PILATES PLUS HYBRID = (Fitness studio)
with Elizabeth 11:00 – 11:45 AM

ZEN SURF YOGA = (Fitness studio)
with Jennifer 6:30 – 7:30 PM

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WEDNESDAY

PILATES FUSION = (Fitness studio)
with Jennifer 9:30 – 10:20 AM

* **AEROBICS WITH STRENGTH TRAINING** = (Gymnasium)
with Ivy 10:00 – 10:50 AM

SIT 'N BE FIT – (Fitness studio)
with Sheila 11:00 – 11:45 AM

JUGGLING – (Fitness studio)
with Alice 1:30 – 2:20 PM

ZUMBA = (Fitness studio)
with Celeste 6:30 – 7:20 PM

THURSDAY

TAI CHI – (Gymnasium)
with Roberto 8:00 – 8:50 AM

INTUITIVE ALIGNMENT – (Fitness studio)
with Anne 10:00 – 11:00 AM

HIIT STRENGTH = (Fitness studio)
with Caroline 6:30 – 7:20 PM

FRIDAY

YOGA BASICS – (Fitness studio)
with Susan 9:30 – 10:30 AM

SATURDAY

ZUMBA = (Fitness studio)
with Sophia 12:00 – 12:50 PM

SUNDAY

BODYWEIGHT WORKOUT = (Fitness studio)
with Johari 9:00 – 9:45 AM

ZUMBA = (Gymnasium)
with Celeste 1:00 – 1:45 PM

GENTLE –
INTERMEDIATE =
HIGH INTENSITY =

* Reservations needed

WINTER WARM-UP SERIES

YOUR BODY, TAKE CHARGE! – (Fitness studio)
with Shiela Fri | 11:00 – 11:50 AM

CLASSICAL YOGA = (Fitness studio)
with Dianne Sat | 10:00 – 11:00 AM