

14Y Fitness



Virtual and In-Person Fitness Schedule: Thursday, December 1 – Saturday, December 31, 2022

This is the [14Y Health + Fitness](#) update for December 2022. We have some exciting updates this month, including:

- **Fitness Center:** come work out at our newly refreshed Fitness Center!
- **Aquatics:** Winter Aquatics class registration for members begins on December 6. There will be a modified lap and family swim schedule between December 18 – January 7.
- **Group Fitness:** We're starting new in-person group fitness classes this month, including yoga and HIIT!
- **Wellness Workshops and Pop-Ups:** Join us for a workshop on heart health and some self-care activities.

Please see below for details on these programs and more! And remember to [check our website](#) for the most up to date information on class schedules.

For updates to health and safety policies, [please check our website](#). If you have any questions about membership or class schedules, contact the service desk at ServiceDesk@14StreetY.org or call 646-395-4310.

If you are returning to in-person fitness at the 14Y, please remember to reactivate your in-person membership by visiting the Service Desk.

Holiday Closures

In observance of Christmas, the 14Y will be closed on **Sunday, December 25**. All programs, including virtual fitness, will not run. Fitness facilities will reopen and group fitness classes will resume on Monday, December 26.

We wish you and your loved ones a happy, healthy holiday season!

Childcare

Childcare

For Children Ages 6 Months and Up

Mondays – Wednesdays | 9:30 AM – 1:30 PM

\$10 per hour, per child

Parents of young children can work out worry-free! Our childcare service is affordable, convenient, and staffed by caring professionals.

We pride ourselves on maintaining a low child-to-staff member ratio, operating with up to five children for every staff member. Currently, childcare services are offered on a first come, first serve basis.

Childcare is open to 14Y members only. Parents must remain on the premises of the 14Y while using childcare services. For more information, [please visit our Childcare page.](#)

Aquatics

Pool Hours

Our heated pool is just as refreshing in winter as it is in the middle of summer!

Winter pool hours are:

- Mondays to Thursdays: 6:30 AM – 8:30 PM
- Fridays: 6:30 AM – 8:00 PM
- Saturdays and Sundays: 8:00 AM – 4:30 PM

Winter Pool Schedule

From December 18 – January 7, lap swim and family swim will run on a holiday schedule. Please [download this PDF](#) or [visit our Aquatics page](#) for details.

Pool Health + Safety Regulations

For information on locker room availability, lap swim etiquette, and health and safety guidelines, [please visit our Aquatics page.](#)

Winter Aquatics Classes

Week of January 8 – Week of March 27, 2023

Member registration begins Tuesday, December 6

Open registration begins Tuesday, December 13

This winter, dive in to the 14Y's full range of Aquatics classes, including swim instruction for all ages, stages, and abilities, plus a variety of aqua exercise classes for adults.

14Y Members get priority registration! Keep an eye on your inbox on Tuesday, December 6, for more information on class dates, rates, and registration.

Basketball

Our member basketball times are:

- Mondays, Wednesdays, and Fridays | 12:00 – 2:00 PM
- Tuesdays and Thursdays | 6:00 – 9:00 PM
- Sundays | 9:00 AM – 12:00 PM

- Teen basketball: Fridays | 7:00 – 8:00 PM

For gym hours and game rules, please visit our [Basketball page](#).

Open Gym Time

In addition to basketball, the gym is now open for recreational activities. For the open gym schedule and safety regulations, please visit our [Basketball page](#).

Working Out at the 14Y Fitness Center

Work Out at the Fitness Center

We welcome you to try out the updated equipment at our Fitness Center! The operating hours are:

- Monday to Friday, 6:30 AM – 9:00 PM
- Saturday/Sunday, 8:00 AM – 5:00 PM

For information on Fitness Center equipment, our updated mask policy, and health and safety guidelines, please visit our [Fitness Center page](#).

In-Person Group Fitness Classes

Join us for nearly 20 in-person fitness classes for all stages, including:

NEW! Yoga Basics with Susan (Gentle)

Starts Friday, December 2

Fridays | 9:30 – 10:30 AM

Fitness Studio

This class focuses on postures and breath practices including gentle flow with breath. Suitable for all levels and all bodies!

Please note the following changes to our in-person group fitness schedule:

HIIT with Josue is being replaced by:

NEW! Power Hour Body Challenge with Janet (High Intensity)

Mondays | 6:30 – 7:20 PM

Fitness Studio

In this intense, high-energy class, you will challenge your muscle strength, cardiovascular endurance, improve your flexibility and coordination using weights and other equipment to get everything pumping and torch some serious calories while having a great time!

Move and Groove with Adja is being replaced by:

NEW! HIIT Strength with Caroline (High Intensity)

Starts Thursday, December 1

Thursdays | 6:30 – 7:20 PM

Fitness Studio

A high intensity cardio HIIT workout along with strength training exercises.

There will be some modifications offered, but expect to jump, squat, and get down on a mat for a portion of the class.

Winter Warm-up Series

Running December 2022 – January 2023

Warm up with us this winter in these limited-time classes!

Classical Yoga with Dianne (Intermediate)

Starts Saturday, December 3

Saturdays | 10:00 – 11:00 AM

Fitness Studio

This class provides an integrative approach to yoga, physical postures that strengthen and tone the body, breathing practices that support vitality and peace of mind. Each class ends with a brief meditation practice. An open level class, all are welcome!

Your Body, Take Charge! with Shiela (Gentle)

Starts Friday, December 9

Fridays | 11:00 – 11:50 AM

Fitness Studio

Move your body! Strengthen, stretch, and sustain your body with exercises all derived from dance. You will sit, stand, and cover space.

Family Fitness

Drop-In Classes

Ends Friday, December 16

Join us for a fitness drop-in class! Drop-in classes are free for [14Y Family Members](#) and \$35 per session for nonmembers.

14Y Baby And Me Yoga

Mondays | 10:00 – 10:45 AM

[Register here](#)

14Y Baby and Me Fitness

Thursdays | 1:00 – 1:45 PM

[Register here](#)

Fitness Classes at Sirovich

Fall Classes at the Sirovich Center for Balanced Living

Location: 331 East 12th Street between First and Second Avenue

For class descriptions and to reserve your spot for the classes listed below, [please visit the Adult Programs page](#) or email Sirovich@14streeety.org.

Pilates with C. (Intermediate)

Mondays | 9:00 – 9:50 AM

Virtual Class | Join here:

<https://us06web.zoom.us/meeting/register/tZMlcuupqD0oHtRORiq3btYB1-W3QqTHGFWh>

Holistic Health Series with Julie: Chair Yoga(Gentle)

Tuesdays | 10:30 – 11:00 AM

Location: Sirovich Auditorium

These classes are is free for members of the Sirovich Center. If you are age 60+, [join here for free!](#)

Personal Training

Our certified professional trainers are ready to work with you to create a custom road map to help you achieve your fitness goals. [Personal Training](#) is available in person at our Fitness Center and virtually.

To sign up for In-Person or Virtual Personal Training sessions, please email Mike Meehan, 14Y General Manager, at MMeehan@14StreetY.org.

Locker Rentals

Rent or Renew a Locker

We offer year-ong rentals on lockers. We rent lockers two sizes:

- Small (box size) lockers: \$115 for the year
- Medium (1/3 size) lockers: \$170 for the year

The remainder of lockers will be for daily use only. To rent a locker or renew your rental, please call 646-395-4310, email ServiceDesk@14StreetY.org or visit the Service Desk.

Community Events

New York Life Insurance Tabling Wednesday, December 7 | 11:00 AM 14Y Lobby

A licensed agent from New York Life Insurance Company will table in the lobby with information about about long-term care, maximizing retirement, college funding for grandkids and general financial security. If you have any questions, stop by the Service Desk for more information.

Health + Fitness Workshops

Yoga, Mindfulness, and Meditation: Good for Your Heart! Tuesday, December 13, 2022 | 5:00 – 6:00 PM [Register here](#)

Stress has been linked with many health conditions including heart disease, digestive issues, and headaches. Stress can also contribute to feelings of frustration and unhappiness. The hustle and bustle of the holiday season can bring added stress which can impact your wellbeing.

Join NYU Langone psychologist Adam D. Brown, PsyD, and moderator Dennis A. Goodman, MD, to learn how holistic practices such as yoga, mindfulness, and meditation can help mitigate stress. Learn simple steps to engage with these practices for improved wellbeing at home and on the job. Webinar participants can join along as Dr. Brown leads a meditation exercise.

Additional topics covered include the following:

- warning signs of stress and how stress impacts wellbeing
- latest research on how certain holistic practices impact heart health

- how yoga, mindfulness, and meditation practices can improve emotional health and impact your quality of life

Self-Care Pop-Up

December 17 | 9:30 AM – 12:30 PM

Free for Members | Free Childcare Available

[Learn More](#)

Set the right tone for the holiday season with a treat for your mind and body. Enjoy a yoga class, a swim, workout in the fitness center, a 10-minute chair massage or Reiki session, and some light refreshments in our lobby. Childcare will be available and free for the morning. Free for members. Sign up for the massage and Reiki sessions by calling 646-395-4310 or emailing ServiceDesk@14StreetY.org.

Free childcare will be available from 9:30 AM – 12:30 PM in Room 202.

Schedule:

- 10:00 AM – 12:00 PM: Chair Massage available with Leah | Room 402
- 10:00 AM – 12:00 PM: Reiki with Jen | Room 402
- 10:00 – 11:00 AM: Yoga with Dianne Session 1 | Studio AB
- 11:00 AM – 12:00 PM: Yoga with Dianne Session 2 | Studio AB
- 11:30 AM - 12:30 PM: Adult Swim | 14Y Pool

Monday Classes

Pilates with C. (Intermediate)

Mondays | 9:00 – 9:50 AM

Join here:

<https://us06web.zoom.us/meeting/register/tZMlcuupqD0oHtRORiq3btYB1-W3QqTHGFWh>

Intuitive Alignment with Anne (Gentle)

Mondays | 10:00 – 11:00 AM

Join here:

<https://us06web.zoom.us/meeting/register/tZYrdO-rrjgoEtX2EQNq-PaYoySCxprl5FDF>

Meeting ID: 826 3630 3281

Silver Sneakers with Elizabeth (Gentle)

Mondays | 11:30 AM – 12:15 PM

Join here:

<https://us06web.zoom.us/meeting/register/tZUpfuGgrjssGNOewWUeDNv6Pu-50W7vjJIF>

Meeting ID: 814 9880 0627

Vinyasa Yoga with Jolene (High Intensity)

Mondays | 6:00 – 7:00 PM

Join here:

<https://us02web.zoom.us/meeting/register/tZYrcuugrD8oHtDhti5WsSXNaCxl18qbQUhr>

Meeting ID: 826 5282 4244

Tuesday Classes

Tai Chi with Roberto (Gentle)

Tuesdays | 9:00 – 10:00 AM

Join here: [https://us06web.zoom.us/meeting/register/tZYtf-2uqTggH9ZL7BDOEdv9_in2kuOyR7w6](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZYtf-2uqTggH9ZL7BDOEdv9_in2kuOyR7w6)

Meeting ID: 820 8467 3052

Low Impact Cardio & Conditioning with Shana (Gentle)

Tuesdays | 11:00 – 11:45 AM

Join here: [https://us06web.zoom.us/meeting/register/tZUkduisqj0sEtf-EVRtic8OP0Kf1-cZTmY4](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZUkduisqj0sEtf-EVRtic8OP0Kf1-cZTmY4)

Meeting ID: 819 1144 6683

Pilates with Elizabeth (Intermediate) (Hybrid class)

Tuesdays | 11:00 – 11:45 AM

Join here: [https://us06web.zoom.us/meeting/register/tZMvd-2gpzwwEtBcrNjg6w6XPxVh8T0_T5Zk](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZMvd-2gpzwwEtBcrNjg6w6XPxVh8T0_T5Zk)

Meeting ID: 872 0489 7484

Zumba with Demetra (Intermediate)

Tuesdays | 6:00 – 7:00 PM

Join here: [https://us02web.zoom.us/meeting/register/vpMqc-ytrT8j8wdw87CwWLSTwGgHMIPb7w](https://us02web.zoom.us/join/https://us02web.zoom.us/meeting/register/vpMqc-ytrT8j8wdw87CwWLSTwGgHMIPb7w)

Meeting ID: 377 455 349

Wednesday Classes

Zumba Gold with Adja (Intermediate)

Wednesdays | 10:45 – 11:30 AM

Join here:

[https://us06web.zoom.us/meeting/register/tZEqde2urzwqE9fcOwty6m3MmXHrXa5gYcgD](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZEqde2urzwqE9fcOwty6m3MmXHrXa5gYcgD)

Meeting ID: 857 2461 7093

Please note: Chair Yoga with Susan is no longer being offered. Please check out one of our other in-person or virtual yoga class options.

Thursday Classes

Silver Sneakers with Core and More with Elizabeth (Gentle)

Thursdays | 12:00 – 12:45 PM

Join here:

[https://us06web.zoom.us/meeting/register/tZMvc-usrjljG9QstO4g25zDpF23yvV16m5D](https://us06web.zoom.us/join/https://us06web.zoom.us/meeting/register/tZMvc-usrjljG9QstO4g25zDpF23yvV16m5D)

Meeting ID: 872 4240 9910

Friday Classes

Hatha Yoga with Chintamani (Intermediate)

Fridays | 9:00 – 10:00 AM

Join here: https://us06web.zoom.us/meeting/register/tZAuc-6tpj8oEtyac9xewzfB9vwU_C51QtX9

Meeting ID: 843 4758 4288

Tai Chi with Roberto (Gentle)

Fridays | 10:30 – 11:15 AM

Join here:

https://us06web.zoom.us/meeting/register/tZEqcOigpz8uH9CUQcNAVO_n1hY1Vu3jJqbl

Meeting ID: 857 7189 4454

Saturday

Pilates with Allyson (Intermediate)

Saturdays | 11:30 AM – 12:30 PM

Join here: https://us06web.zoom.us/meeting/register/tZMrdeChqTktGNc7-Vp9CC-us-E_1W00HgiX

Meeting ID: 876 2997 2723

Sunday Classes

Resilient Strength with Shana (Intermediate)

Sundays | 10:00 – 10:50 AM

Join here:

<https://us06web.zoom.us/meeting/register/tZYqdeutqTsuHtGdequzV3AC4qaSbFIAUQdy>

Meeting ID: 827 2257 0445

Vinyasa Yoga with Natalia (High Intensity)

Sundays | 11:00 AM – 12:00 PM

Join here:

<https://us06web.zoom.us/meeting/register/tZEKde-rrzkjH9CL3IAjLZxML9Kv0-p7a5fv>

Meeting ID: 859 2631 2954

Important Information About Fitness Videos

The content of 14Y videos made available through Educational Alliance is for entertainment purposes only. Educational Alliance and its employees are not in the business of practicing medicine. Members of our staff and volunteers, including instructors, cannot make wellness assessments. They can neither provide medical advice nor provide an expert opinion about the suitability of this fitness program for you.

Physical exercise in all forms, even without equipment, is a strenuous physical activity. As such, you should consult your physician or appropriate health care professional before starting this fitness program or any other fitness program to determine if it is appropriate for you. If you are predisposed to a medical condition that may be worsened by physical exercise, please do not start this fitness program. If you have a family history of medical conditions, please seek medical advice before starting this program. Do not start this fitness program if your physician or health care provider advises against it. If you experience faintness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately.

If you think you are having a medical or health emergency, call your health care professional, or 911,

immediately.

Keep an eye on the 14th Street Y's [YouTube channel](#) for weekly fitness videos, and follow our [Facebook](#), [Instagram](#) and [Twitter](#) channels for more health and fitness tips and tricks!

