



MONDAY

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

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

* **TODDLER AND ME YOGA +** (Room 402)
with Kiyoe 10:00 – 10:45 AM

* **NEW PARENT AND PRENATAL YOGA +** (Fitness Studio)
with Kiyoe 11:00 – 11:45 AM

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

CLASSICAL YOGA = (Fitness studio)
with Amrita 7:30 – 8:30 PM
No class 1/8 and 1/15

TUESDAY

PILATES PLUS =  Hybrid (Fitness studio)
with Elizabeth 10:30 – 11:15 AM

STRENGTH CLASS = (Fitness studio)
with Elizabeth 11:30 AM – 12:15 PM

CARDIO BLAST ≡ (Fitness studio)
with Tara 6:30 – 7:20 PM

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

FUNCTIONAL YOGA – (Fitness studio)
with Amrita / Rei 10:00 – 11:00 AM

* **BABY AND ME FITNESS +** (Playroom)
11:30 AM – 12:15 PM

HIIT STRENGTH ≡ (Fitness studio)
with Tim 6:30 – 7:20 PM

ADULT BALLET – (Fitness studio)
with Asia / Shoshana 7:30 – 8:30 PM

FRIDAY

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

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

SATURDAY

STRETCH, FLOW & RESTORE = (Fitness studio)
with Susan 9:45 – 10:45 AM

JUMP ROPE JAM ≡ (Fitness studio)
with Shana & Tim 11:00 – 11:50 AM

ZUMBA = (Fitness studio)
with Sophia 12:15 – 1:05 PM

SUNDAY

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

* Reservations needed

 **GENTLE** –
 **INTERMEDIATE** =
 **HIGH INTENSITY** ≡
 **FAMILY FITNESS +**

+ Family fitness classes are free for 14Y members and \$35 per session for nonmembers.



MONDAY

PILATES =

with Chintamani 9:00 – 9:50 AM

ALIGNMENT YOGA =

with Chintamani 10:00 – 11:00 AM

MIDDAY EXERCISE –

with Marissa 11:30 AM – 12:15 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 10:30 – 11:15 AM

14Y Members: For access to Zoom links for virtual fitness classes, please see the Service Desk.

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

Fitness class schedules
subject to change.
Visit 14StreetY.org/FitnessClasses
for the latest information.

SUNDAY

RESILIENT STRENGTH =

with Shana 10:00 – 10:50 AM

VINYASA YOGA =

with Natalia 11:00 AM – 12:00 PM

GENTLE –

INTERMEDIATE =

HIGH INTENSITY =

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