



## 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

## TUESDAY

**HATHA YOGA** = (Fitness studio)  
with Rie 9:30 – 10:20 AM

**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 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 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

**MOVING MEDITATION** – (Fitness studio)  
with Jennifer 11:00 – 11:50 AM

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

## SUNDAY

**ZUMBA** = (Fitness Studio)  
with Celeste 12:00 – 12:45 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](https://14StreetY.org/FitnessClasses)  
for the latest information.

## SUNDAY

---

### 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](https://14StreetY.org)

---