



## 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

**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.

# VIRTUAL FITNESS SCHEDULE MARCH 2024



## MONDAY

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### **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

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### **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

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

## THURSDAY

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### **SILVER SNEAKERS**

### **WITH CORE AND MORE =**

with Elizabeth 12:00 – 12:45 PM

## FRIDAY

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### **HATHA YOGA –**

with Chintamani 9:00 – 10:00 AM

### **TAI CHI –**

with Roberto 10:30 – 11:15 AM

## SATURDAY

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### **PILATES =**

with Allyson 11:30 AM – 12:30 PM

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Fitness class schedules  
subject to change.  
Visit [14StreetY.org/FitnessClasses](https://14StreetY.org/FitnessClasses)  
for the latest information.

## SUNDAY

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### **VINYASA YOGA ≡**

with Natalia 11:00 AM – 12:00 PM

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**GENTLE –**

**INTERMEDIATE =**

**HIGH INTENSITY ≡**

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