

IN-PERSON FITNESS SCHEDULE APRIL 2024



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 + (Room 402)

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

STRONG NATION BY ZUMBA

"LUNCH CRUNCH" (Fitness studio)

with Bethany 12:30 – 1:20 PM

CARDIO BLAST = (Fitness studio)

with Tara 6:30 – 7:20 PM

WEDNESDAY

CIRCUIT TRAINING = (Fitness studio)

with Stephen 7:30 – 8:20 AM

PILATES FUSION = (Community Room)

with Jennifer 9:30 – 10:20 AM

* **AEROBICS WITH STRENGTH**

TRAINING = (Gymnasium)

with Ivy 10:00 – 10:50 AM

SIT 'N BE FIT – (Community Room)

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 – (Community Room)

with Amrita 10:00 – 11:00 AM

* **BABY AND ME FITNESS +** (Playroom)

11:30 AM – 12:15 PM

MIDDAY MOVING MEDITATION –

(Fitness studio) with Jennifer 12:00 – 12:50 PM

HIIT STRENGTH = (Fitness studio)

with Tim 6:30 – 7:20 PM

ADULT BALLET – (Fitness studio)

with Shoshana 7:30 – 8:30 PM

FRIDAY

BEASTANETICS = (Gymnasium)

with Tim 7:30 – 8:20 AM

YOGA BASICS – (Community Room)

with Susan 9:30 – 10:30 AM

YOUR BODY, TAKE CHARGE! – (Community Room)

with Sheila 11:00 – 11:50 AM

"LUNCH CRUNCH" 45 MINUTE FULL BODY HIIT CIRCUIT = (Fitness studio)

with Stephen 12:15 – 1:00 PM

SATURDAY

STRETCH, FLOW & RESTORE = (Fitness studio)

with Susan 9:45 – 10:45 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 APRIL 2024



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

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
