



# IN-PERSON FITNESS SCHEDULE AUGUST 2024



## MONDAY

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

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

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

**\*NEW PARENT AND PRENATAL YOGA +**  
(Room 402) w/ Kiyoe 11:00 – 11:45 AM

**PILATES –**  
(Fitness studio) w/ Marissa 11:00 – 11:50 AM

**MIDDAY EXERCISE =**  
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

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

**CLASSICAL YOGA =**  
(Fitness studio) w/ Amrita 7:30 – 8:30 PM

## TUESDAY

**TAI CHI –**  
(Fitness studio) w/ Roberto 8:30 – 9:20 AM

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

**PILATES PLUS =**  
(Fitness studio)  
w/ Elizabeth 10:30 – 11:15 AM

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

**STRONG NATION BY ZUMBA  
"LUNCH CRUNCH" =**  
(Fitness studio) w/ Bethany 12:30 – 1:20 PM

**CARDIO BLAST ≡**  
(Fitness studio) w/ Tara 6:30 – 7:20 PM

## WEDNESDAY

**PILATES FUSION =**  
(Fitness studio) w/ Jennifer 9:30 – 10:20 AM

**AEROBICS W/ STRENGTH TRAINING =**  
(Gymnasium) w/ Ivy 10:00 – 10:50 AM

**SIT 'N BE FIT –**  
(Fitness studio) w/ Sheila 11:00 – 11:45 AM

**JUGGLING –**  
(Fitness studio) w/ Alice 1:30 – 2:20 PM

**ZUMBA =**  
(Fitness studio) w/ Celeste 6:30 – 7:20 PM

**PUNK ROPE ≡**  
(Fitness studio) w/ Tim & Shana 7:30 – 8:20 PM

## THURSDAY

**SUNRISE YOGA =**  
(Roof) w/ Rie 8:15 – 9:05 AM

**FUNCTIONAL YOGA –**  
(Fitness studio) w/ Amrita 10:00 – 11:00 AM

**MIDDAY MOVING MEDITATION –**  
(Fitness studio) w/ Jennifer 12:00 – 12:50 PM

**HIIT STRENGTH ≡**  
(Fitness studio) w/ Tim 6:30 – 7:20 PM

**ADULT BALLET –**  
(Fitness studio) w/ Shoshana & Asia 7:30 – 8:30 PM

## FRIDAY

**YOGA BASICS –**  
(Fitness studio) w/ Susan 9:30 – 10:30 AM

**FITNESS FRIDAY'S =**  
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

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

**PILATES –**  
(Fitness studio) w/ Lilly 1:30 – 2:20 PM

## SATURDAY

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

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

**\*NEW PARENT AND PRENATAL YOGA +**  
(Room 402) w/ Kiyoe 11:00 – 11:45 AM

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

## SUNDAY

**SUNRISE STRETCH –**  
(Fitness studio) w/ Liz 9:00 – 10:00 AM

**ZUMBA =**  
(Gymnasium) w/ Celeste 12:30 – 1:15 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 AUGUST 2024



## MONDAY

**ALIGNMENT YOGA =**  
w/ Marissa 9:00 – 9:50 AM

## TUESDAY

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

## THURSDAY

**SILVER SNEAKERS WITH  
CORE AND MORE =**  
w/ Elizabeth 12:00 – 12:45 PM

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

## FRIDAY

**HATHA YOGA –**  
with Marissa 9:00 – 10:00 AM

**TAI CHI –**  
with Roberto 10:30 – 11:15 AM

## SATURDAY

**PILATES =**  
with Allyson 11:30 AM – 12:30 PM

## SUNDAY

**VINYASA YOGA ≡**  
with Natalia 11:00 AM – 12:00 PM

**———— GENTLE –**  
**———— INTERMEDIATE =**  
**———— HIGH INTENSITY ≡**

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