

SUNDAY			
9-9:55 AM	STRETCH		HFS* CLAUDIA BROWN
9-9:45 AM	SPINNING		SS MICHAEL HUGHES
10-11 AM	STRETCH	📺	GINNA HOBEN
10-10:55 AM	TRIM-N-TONE		MACK MICHAEL HUGHES
10:30-11:45 AM	IYENGAR YOGA		CCS ROBIN SIMMONDS
11-11:55 AM	LATIN LOW IMPACT		MACK MICHAEL HUGHES
11:45 AM-12:15 PM	MINDFULNESS MEDITATION		CCS ROBIN SIMMONDS
5-5:55 PM	AQUACISE		POOL MICHELE BLONDMONVILLE
MONDAY			
7-7:45 AM	MONDAY MORNING MASH-UP		MACK KIT WEST
8:30-9 AM	POWER PUMP	📺	CATHY GARGIULO
8-8:45 AM	AQUACISE		POOL KIT WEST
9-9:55 AM	TRIM TONE BUILD BONE		CCS SAM LOPEZ
10-10:55 AM	STRETCH		HFS* CLAUDIA BROWN
10-11:15 AM	IYENGAR YOGA		CCS KAVI PATEL
11-11:55 AM	ZUMBA		HFS* ANNETTE GARCIA
11:30 AM-12:30 PM	AQUA PUMP		POOL TWAIN REVELL
12-12:55 PM	BARRE CONDITIONING		CCS ALEXA POLLER
12-12:55 PM	POWER STRENGTH		MACK MICHAEL HUGHES
6:15-7 PM	CORE & MORE	📺	SAM LOPEZ
6:30-7:15 PM	CARDIO KICKBOXING		MACK MICHAEL HUGHES
6:30-7:25 PM	ZUMBA		HFS* ALEXA POLLER
7:30-8:15 PM	SPINNING		SS MICHAEL HUGHES
TUESDAY			
7:15-8:10 AM	PILATES MAT		CCS YASU SUZUKI
8-8:55 AM	TOTAL BODY STRENGTH & STRETCH COMBO	📺	GINNA HOBEN
9:30-10:45 AM	YOGA		CCS SAMI ROTH
11-11:55 AM	POWER STRENGTH		HFS* KARIN L. RUHE
11-11:55 AM	CARDIO BARRE		CCS RIMA D. BIEN
12-12:55 PM	FORM & FUNCTION		HFS* SUZANNE BROWN
12-12:55 PM	AQUACISE		POOL CHRISSY NANCE
5:15-6:15 PM	PILATES MAT	📺	ALICIA PRINCIPE
6:30-7:25 PM	ZUMBA		HFS* IVONNE PUELLES
7-7:55 PM	RELENTLESS!		MACK SAM LOPEZ
7:30-8:45 PM	YOGA		CCS JESSICA HANSON
WEDNESDAY			
7:30-8:30 AM	POWER YOGA		CCS DAVID M HOLLANDER
7:45-8:45 AM	INTERVAL AQUA		POOL BRAD COLE
8:30-9 AM	POWER PUMP	📺	SAM LOPEZ
8:45-9:45 AM	PILATES MAT & STRETCH		HFS* YASU SUZUKI
10-10:55 AM	TRIM TONE BUILD BONE		HFS* MARY COPELAND
11-11:55 AM	STRETCH & ALIGNMENT		HFS* MARY COPELAND
11-11:55 AM	POWER STRENGTH		MACK SAM LOPEZ C
12-12:55 PM	AQUACISE		POOL HRISSY NANCE
6:15-7 PM	SPINNING		SS MICHAEL HUGHES
7-8 PM	YOGA BLEND	📺👤	CCS DALIT AGRONIN
7-7:55 PM	LATIN LOW IMPACT		MACK MICHAEL HUGHES
THURSDAY			
7:15-8 AM	POWER STRENGTH		MACK SAM LOPEZ
8-9 AM	TOTAL BODY STRENGTH & STRETCH COMBO	📺	GINNA HOBEN
8:45-9:45 AM	YOGA		CCS SAMI ROTH
9-9:45 AM	AMRAP STRENGTH		MACK MICHAEL HUGHES
9:45-10:15 AM	SPINNING		SS MICHAEL HUGHES
10-10:55 AM	INTRO TO E-Z EX		HFS* KARIN L. RUHE
10-10:55 AM	PILATES MAT & FLOW		CCS ALICIA PRINCIPE
11-11:55 AM	WEIGHT WORKS		HFS* SUZANNE BROWN
11-11:55 AM	RESTORATIVE STRETCH		CCS ALICIA PRINCIPE
12-12:55 PM	AQUACISE		POOL TWAIN REVELL
6-7 PM	YOGA STRENGTH	📺	YASU SUZUKI
6:15-7 PM	TOTAL BODY WORKOUT		HFS* MICHAEL HUGHES
6:30-7:45 PM	YOGA		CCS JESSICA HANSON
FRIDAY			
6:45-7:15 AM	TONE UP		MACK SAM LOPEZ
7:15- 7:45 AM	TRIM DOWN		MACK SAM LOPEZ
7:45-8:30 AM	AQUA PUMP		POOL KIT WEST
8:30-9 AM	POWER PUMP	📺	CATHY GARGIULO
9-9:55 AM	YOGA (BEG)		CCS YASU SUZUKI
9:15-10:15 AM	DEEP YOGA STRETCH	📺	ROBIN SIMMONDS
10-10:55 AM	TOTAL BODY WORKOUT		HFS* KARIN L. RUHE
10-10:55 AM	TRIM TONE BUILD BONE		CCS KAREEM COLLINS
11-11:55 AM	ZUMBA		HFS* ANNETTE GARCIA
11:15 AM-12 PM	STRENGTHEN, RELEASE, STABILIZE		CCS CLAUDIA BROWN
12-12:55 PM	FOUNDATIONS OF STRETCH & ALIGNMENT		CCS CLAUDIA BROWN
12-12:55 PM	AQUACISE		POOL MICHELE BLONDMONVILLE
1-2 PM	PILATES MAT	📺	YASU SUZUKI
6:30-7:15 PM	POWER STRENGTH	📺👤	CCS SAM LOPEZ
SATURDAY			
9-10 AM	BODY WEIGHT SUPER SCULPT	📺	SAM LOPEZ
9-9:55 AM	ZUMBA		HFS* MICHELE BLONDMONVILLE
10:15-11:30 AM	IYENGAR YOGA (BEG)		CCS ROBIN SIMMONDS
11 AM-12 PM	RELENTLESS!		MACK SAM LOPEZ

- ### GROUP EXERCISE CLASS ETIQUETTE
1. A \$15 no-show fee will be charged to your account per reservation. To avoid the fee, you may cancel the reservation up to an hour before the scheduled session via the app or Online reservation system.
  2. Online reservations are required via Myclubonline or 92NY App
  3. A wristband-of-the-day is required for all classes held in the HFS Studio and Roof.
  4. Entrance after the warm-up period is finished (10 minutes) will be denied.
  5. Proper athletic footwear must be worn in all classes. Bare feet are permitted in Yoga classes and select Pilates classes.
  6. Proper athletic attire must be worn in all classes. Jeans will not be permitted.
  7. Please follow the instructor's directions and return equipment to the proper place after classes.

#### STUDIO KEY

- 📺 = Virtual (Zoom)
- 📺👤 = Virtual/In-Person (Hybrid)
- HFS\* = Health & Fitness Studio
- CCS = Cardio Court Studio
- SS = Spin Studio
- Mack = Mack Gym

\*Classes in these locations require participants to check in at the 3rd Floor reception desk to obtain a wristband of the day.

#### HOURS OF OPERATION

MON - THU | 6 AM - 10 PM

FRI | 6 AM - 8 PM

SAT | 8 AM - 8 PM

SUN | 8 AM - 8 PM



## AMRAP STRENGTH LEVEL 2-3

AMRAP stands for 'as many rounds as possible' or 'as many reps possible'. Challenge yourself and complete as many reps or rounds of given exercise in a set amount of time possible.

## BARRE CONDITIONING LEVEL 1-3

This class blends low-impact exercises with faster-paced physical activity to create a variety of aerobic conditioning with emphasis on proper alignment, balance, and core engagement.

## BODY WEIGHT BODY SCULPT LEVEL 1-3

A challenging full body workout, using the weight of your own body to build strength and overall conditioning.

## CARDIO KICKBOXING LEVEL 1-3

Kicking, punching blocking combinations stimulate both mind and body.

## CARDIO BARRE LEVEL 1-3

Get your cardio workout by moving and grooving! Create a strong, lean physique using the barre and small exercise balls.

## CORE & MORE LEVEL 1-3

A workout designed to strengthen and tone the abdominals, back and glutes.

## DEEP YOGA STRETCH LEVEL 1-3

Class focuses on slow sustained stretches to access the deep tissue and unblock areas of tension, improve flexibility and overall wellbeing.

## FORM & FUNCTION LEVEL 1-3

Exercises to tone, strengthen and properly align the body's muscles and bones.

## FOUNDATIONS OF STRETCH & ALIGNMENT LEVEL 1-3

The fastest way to restore range of motion and freedom of movement is also the gentlest way! Learn the effective techniques to release and realign your body!

## INTRO TO E-Z EX LEVEL 1-2

A gentle introduction to exercise that includes a low-impact aerobics warm-up, followed by moderate total body conditioning, and focuses on balance and flexibility exercises.

## IYENGAR YOGA LEVEL 2-3

Emphasizes alignment of the body and breath to achieve a balance of stability and flexibility.

## IYENGAR YOGA (BEG) LEVEL 1

Class provides basic alignment principles with props. Ideal for beginners and those with mobility issues.

## LATIN LOW IMPACT LEVEL 1-3

A fun, low impact, cardio workout to the beat of latin rhythms.

## MONDAY MORNING MASH-UP LEVEL 2-3

A mix of cardio boxing and conditioning exercises that focuses on agility, balance and toning.

## MINDFULNESS MEDITATION LEVEL 1-3

A relaxing methodology for cultivating awareness, insights and inner peace.

## PILATES MAT LEVEL 1-3

The Pilates Method Mat Exercise: Low impact for of exercises, developed by Joseph H. Pilates, that improves posture, increases core strength, flexibility and balance with the effective use of breathing to increase body awareness.

## PILATES MAT & FLOW LEVEL 2-3

This class combines Pilates Mat sequences for core strength, structural alignment and flexibility with standing routines for balance training.

## PILATES MAT & STRETCH LEVEL 1-3

Gain strength and flexibility using floor exercises developed by Joseph H. Pilates. Concludes with a relaxing stretch.

## POWER YOGA LEVEL 1-3

Warm up sequences lead to a dynamic flowing practice including challenging poses with variations for all levels.

## POWER STRENGTH LEVEL 2-3

An intense muscle specific, strength training workout to boost your metabolic rate by increasing lean muscle mass.

## RELENTLESS! LEVEL 3

An aggressive fitness challenge packed with intense cardio strength moves to boost power and develop core muscles.

## RESTORATIVE STRETCH LEVEL 1-3

Restore and nurture your body through gentle movement and breath.

## SPINNING LEVEL 1-3

A moderate workout designed for riders who may or may not have taken a group Cycling class before. Have fun, torch calories and get motivated with inspirational videos and music while climbing and sprinting to the finish line.

## STRETCH LEVEL 1-3

Improve your flexibility with basic stretches designed to increase range of motion and prevent injury.

## STRETCH & ALIGNMENT LEVEL 1-3

Using standing exercises, barre and mat work to promote proper spinal and joint alignment.

## TONE LEVEL 1-3

Strengthen and shape upper body muscles. Combine this class with Trim down for a total body blast.

## TOTAL BODY WORKOUT LEVEL 2-3

Features high intensity aerobic workout, muscular conditioning exercises and a relaxing stretch.

## STRENGTHEN, RELEASE, STABILIZE ALL LEVEL

Class focuses on strengthening the deep intrinsic muscles that create balance, freedom of movement, and ease in the body

## TOTAL BODY STRENGTH & STRETCH COMBO LEVEL 1-3

This circuit style workout helps strengthen every muscle group. While breaking a sweat. Class concludes with a series of stretches & flows designed to increase flexibility, reduce muscle soreness, and reduce injury risk.

## TRIM ↓

### LEVEL 1-3

Power up lower body muscles using steps, weights and challenging conditioning regimens. Combine this class with Tone up for a total body blast.

## TRIM-N-TONE

### LEVEL 1-3

Using weights, hand weights, bands and body bars to increase metabolism and lose inches.

## TRIM, TONE-BUILD BONE

### LEVEL 1-2

Boost stamina with exercises for strength, stability, bone density and mobility to help with activities of daily living and reducing injury. Ideal for the mature adult.

## WEIGHT WORKS

### LEVEL 1-3

Muscle strengthening and balance/alignment improvement using free weights and other equipment. All levels.

## YOGA (BEG)

### LEVEL 1

Ideal for the beginner who has no prior knowledge of yoga.

## YOGA

### LEVEL 1-3

Classes features multidisciplinary styles of yoga, which utilize flowing poses and focuses on breathing.

## YOGA BLEND

### LEVEL 2-3

Yoga flows combined with rounds of interval conditioning exercises to provide a total body balance, flexibility and strength workout.

## YOGA STRENGTH

### LEVEL 1-3

This unique format focuses on building strength, balance and flexibility while engaging in a variety of Yoga poses.

## ZUMBA

### LEVEL 1-3

A fun fusion workout using latin and international dance themes.