

# SMALL-GROUP TRAINING

APR 1 - 30

92NY

## SUN

MORNING

## MON

MORNING

7:30 AM - 8:30 AM

HIIT

Kile

Turf

## TUE

MORNING

7:30 AM - 8:30 AM

TRX

Kim Weiss

HFS

7:30 PM - 8:30 PM

HIIT

Katarina

Turf

## WED

MORNING

7:30 AM - 8:30 AM

HIIT

Kile

Turf

## THU

MORNING

7:30 AM - 8:30 AM

TRX

Kim Weiss

HFS

## FRI

MORNING

## SAT

MORNING

## HOURS OF OPERATION

MON-THU  
6 AM-10 PM

FRI  
6 AM-8 PM

SAT  
8 AM-8 PM

SUN  
8 AM-8 PM

**POWER  
SERIES**

### WHAT IS POWER SERIES?

These small-group training classes are designed to transform your physical capabilities to new levels. The routines and innovative equipment used will vary, pushing your body to become stronger and more adaptable to sudden physical demands. All abilities are welcome. View our featured classes for the month and register.

### HOW MANY STUDENTS ARE IN A CLASS?

All classes are limited to 6-10 participants to ensure individual training with the instructors.

### DO YOU HAVE CLASS PACKAGES?

Unlimited and a eight pack option are available. We also have drop-in sessions. You'll also receive quarterly results based testing and body composition recording.

### ARE DROP-IN SESSIONS OFFERED?

Yes! But one-hour notice is needed.

Sign up now, via the [92NY App](#) or [Myiclubonline.com](#)

## CLASSROOMS & LOCATIONS

Turf Cardio Court

HFS Basement

## REGISTER FOR CLASS WITH THE 92NY APP!

Download the [92NY app](#) to track your fitness goals and register for classes.

Available at the App Store and Google Play.



## HIIT

Train like an athlete with a workout that alternates between intense bursts of activity and fixed periods of less-intense activity or rest.

## Boxing Conditioning

This class will include a variety of bag work, shadow boxing, and footwork. Students will also go through a variety of core, cardio, and strength exercises. You will gain strength, hand-eye coordination, endurance, and confidence in a full body workout.

## Total Body Strength and Flow

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

### DON'T FORGET TO:

- Wear proper athletic footwear and attire
- Hydrate! Bring water with you to class
- Have fun! Challenge yourself and get ready to be a part of the POWER community

There is a 12-hour cancellation policy

## Tread Conditioning

This circuit-style workout will train your entire body like the pros. Using everything from Kettlebells to your own body weight, this workout is the extra push you need.

## TRX

This total-body workout is a form of resistance training using TRX bands. Perform a variety of exercises that leverage gravity and your body weight, building core strength and muscle.

## RATES

### MEMBER

8-pack	\$240
Drop-in	\$39
Unlimited	\$219*

Email Rico Wesley or call 212.415.5746 to sign up or to inquire about non-member class prices.

\*with a 3 month commitment.