

GROUP EXERCISE | October 2- December 31, 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
8:15-9:10 AM POWER IT UP! Sam Lopez - Mack Gym	7:00-7:50 AM MONDAY MORNING MASH-UP Kit West - Mack Gym	6:45-7:45 AM TRIM DOWN TONE UP Sam Lopez - Mack Gym	7:15-8:15 AM POWER YOGA David Hollander - CCS	7:15-8:00 AM POWER STRENGTH Sam Lopez - Mack Gym	6:45-7:45 AM TONE UP/ TRIM DOWN Sam Lopez - Mack Gym	9:00-10:00 AM BODYWEIGHT SUPER SCULPT Sam Lopez - Zoom
9:00-9:55 AM STRETCH Claudia Brown - CCS	7:15-8:15 AM POWER YOGA David Hollander - CCS	7:15-8:10 AM PILATES MAT Yasu Suzuki - CCS	8:00-8:55 AM INTERVAL AQUA Brad Cole - Pool	8:00-9:00 AM TOTAL BODY STRENGTH Ginna Hoben - Zoom	7:45-8:35 AM AQUA PUMP Kit West - Pool	9:15-10:05 AM REGGAECISE BODYCHECK Nathan Palmer - CCS
9:15-10:00 AM SPINNING Sam Lopez - SS	8:00-8:55 AM AQUACISE Kit West - Pool	8:00-9:00 AM TOTAL BODY STRENGTH Ginna Hoben - Zoom	8:30-9:00 AM POWER PUMP Sam Lopez - Zoom	8:45-9:45 AM INTRO TO YOGA Yasu Suzuki - Warburg	8:30-9:00 AM POWER PUMP Cathy Gargiulo - Zoom	9:15-10:00 AM SPINNING Pam Walsh - SS
10:00-11:00 AM STRETCH Ginna Hoben - Zoom	8:30-9:00 AM POWER PUMP Cathy Gargiulo - Zoom	9:30-10:45 AM YOGA Sami Roth - CCS	8:45-9:45 AM PILATES MAT & STRETCH Yasu Suzuki - Warburg	9:00-9:55 AM TRIM TONE BUILD BONE Mary Copeland - CCS	9:00-9:55 AM YOGA Yasu Suzuki - CCS	10:15-11:30 AM STRETCH & MEDITATION Amadeus Miranda - CCS
9:30-10:25 AM POWER STRENGTH Andrew Jacobs - Mack Gym	9:00-9:55 AM TRIM TONE BUILD BONE Sam Lopez - CCS	11:00-11:55 AM CARDIO BARRE Rima D Bien - CCS	8:45-9:40 AM BARRE CONDITIONING Allison Goldsmith - CCS	9:00-9:45 AM AMRAP STRENGTH Sam Lopez - Mack Gym	9:15-10:15 AM ABSOLUTE ABS & STRETCH Cathy Gargiulo - Zoom	11:00 AM-Noon RELENTLESS! Sam Lopez - Mack Gym
10:00-10:55 AM HANDS, KNEES, AND FEET Claudia Brown - CCS	10:00-10:55 AM STRETCH Claudia Brown - Warburg	11:00-11:55 AM FORM AND FUNCTION Suzanne Brown -Warburg	10:00-10:55 AM TRIM TONE BUILD BONE Mary Copeland - CCS	10:00-10:55 AM CARDIO BARRE Rima Bien - CCS	10:00-10:55 AM TOTAL BODY WORKOUT Karin L Ruhe - Mack Gym	
10:30-11:25 AM ZUMBA Alina Silver - Mack Gym	10:00-11:15 AM IYENGAR YOGA Kavi Patel - CCS	11:45 AM-12:40 PM AQUACISE Chrissy Nance - Pool	11:00-11:55 AM STRETCH & ALIGNMENT Mary Copeland - CCS	10:00-10:50 AM STEP Karin L Ruhe - Mack Gym	10:00-10:55 AM TRIM TONE BUILD BONE Andrew Jacobs - CCS	CLASS ETIQUETTE
	11:00-11:55 AM ZUMBA Annette Garcia - Mack Gym	12:00-12:55 PM POWER STRENGTH Karin L Ruhe - CCS	11:00-11:55 AM POWER STRENGTH Sam Lopez - Mack Gym	10:00-10:55 AM PILATES MAT & FLOW Alicia Principe - Warburg	11:00-11:55 AM ZUMBA Annette Garcia -Warburg	A \$15 fee applies to missed reservations. Please cancel at least one hour before class.
	11:45 AM-12:40 PM AQUA PUMP Pool	AFTERNOON & EVENING		11:00-11:55 AM INTRO TO E-Z EX Karin L Ruhe - CCS	11:10 AM-Noon STRENGTHEN, RELEASE, STABILIZE Claudia Brown - CCS	Reservations must be made through the 92NY Book & Connect app.
HOURS OF OPERATION	AFTERNOON & EVENING	5:15-6:15 PM PILATES MAT Alicia Principe - Zoom	11:40 AM-12:40 PM AQUACISE Chrissy Nance - Pool	11:00-11:55 AM RESTORATIVE STRETCH Alicia Principe - Warburg	11:45 AM-12:40 PM AQUACISE Nathan Palmer - Pool	Wristbands are required for Warburg and Rooftop classes.
MON-THU: 6:00 AM-10:00 PM	12:00-12:55 PM BARRE CONDITIONING Jessica Hanson - CCS	6:30-7:25 PM ZUMBA Amadeus Miranda - CCS	12:00-12:55 PM ZUMBA Alexa Poller - CCS	11:45 AM-12:40 PM AQUACISE Pool	Late entry is not permitted after the 10-minute warm-up.	
FRI: 6:00 AM-8:00 PM	12:00-12:55 PM POWER STRENGTH Sam Lopez - Mack Gym	7:00-7:55PM RELENTLESS! Sam Lopez - Mack Gym	AFTERNOON & EVENING		Appropriate workout attire and footwear are required; jeans are not allowed.	
SAT-SUN: 8:00 AM-8:00 PM	6:15-7:00 PM CORE & MORE Ginna Hoben- Zoom	7:30-8:45 PM YOGA Jessica Hanson - CCS	7:00-8:00 PM YOGA BLEND Dalit Agronin - CCS	12:00-12:55 PM WEIGHT WORKS Suzanne Brown - CCS	Please follow all instructor guidance and return equipment after use.	
	6:30-7:15 PM CARDIO KICKBOXING Sam Lopez - Mack Gym		7:00-7:55 PM TOTAL BODY WORKOUT Nathan Palmer - Mack Gym	AFTERNOON & EVENING		STUDIO KEY
	6:30-7:25 PM ZUMBA Annette Garcia - CCS			6:00-7:00 PM YOGA STRENGTH Yasu Suzuki - Zoom	12:00-12:55 PM FOUNDATIONS OF STRETCH & ALIGNMENT Claudia Brown - CCS	CCS: Cardio Court Studio
	7:30-8:45 PM YOGA David Hollander - CCS			6:15-7:00 PM SPINNING Sydney Hamroff - SS	1:00-2:00 PM PILATES MAT Yasu Suzuki - Zoom	Warburg*: North 1st Floor Lobby
				6:30-7:25 PM PILATES Jessica Hansen - CCS	6:30-7:15 PM POWER STRENGTH Sam Lopez - CCS / Zoom	SS: Spin Studio
				7:15-8:00 PM TOTAL BODY WORKOUT Sam Lopez - Mack Gym		Rooftop*: PH
				7:30-8:25 PM YOGA Jessica Hansen - CCS		*Check in on the 3rd floor for a wristband

92NY | May Center | Updated Oct 2, 2026

Page 1 of 2

AMRAP STRENGTH LEVEL 2-3

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

ABSOLUTE ABS & STRETCH LEVEL 1-3

Strength and tone your core through focused abdominal exercises, followed by Tai Chi, Yoga, and dynamic movements designed to open the joints and elongate the muscles. This balanced class improves flexibility, mobility, posture and body awareness while promoting greater ease of movement.

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.

BODYWEIGHT 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, and 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 support 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 effective techniques to release and realign your body.

HANDS, KNEES, FEET LEVEL 1-3

Develop strength and flexibility in the hands and feet. Stabilize and protect the knees. The class concludes with a cleansing meditation designed to relax the body, release tension, and restore a sense of calm and balance.

IYENGAR YOGA LEVEL 2-3

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

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, with a focus on balance and flexibility exercises.

STRETCH & MEDITATION LEVEL 1-3

Improve your flexibility with basic stretches designed to increase range of motion and flexibility. Class concludes with a 15-minute guided relaxing meditation.

MONDAY MORNING MASH-UP LEVEL 2-3

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

PILATES MAT LEVEL 1-3

The Pilates Method Mat Exercise: low-impact exercises developed by Joseph H. Pilates that improve posture, increase core strength, flexibility, and balance through 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 IT UP! LEVEL 2-3

High-intensity class followed by balance exercises, core work, and stretching.

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.

REGGAEICISE BODYCHECK LEVEL 1-3

Reggaeicise Bodycheck is a fun and energetic Caribbean workout that combines the lively rhythms of reggae and soca music. Feel the island vibes as you move to the beat.

REGGAEICISE BODYCHECK 2 LEVEL 1-3

An up-tempo evolution of Reggaeicise Bodycheck infused with vibrant Caribbean island vibes. This high-energy class blends Dancehall Reggae, Soca, and Roots Rock Reggae beats. Move with freedom, build stamina, coordination, and confidence. Class wraps up with focused abs, a deep stretch, and a calming relaxation visualization.

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.

STRENGTHEN, RELEASE, STABILIZE ALL LEVELS

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

STEPI LEVEL 2-3

Step aerobics involves stepping on, off, and around a small rectangular platform in a choreographed routine. Boost your heart rate and strengthen muscles while improving balance, coordination, bone density, and agility.

TOTAL BODY WORKOUT LEVEL 2-3

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

TOTAL BODY STRENGTH & STRETCH COMBO LEVEL 1-3

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

TRIM DOWN 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, 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 reduce injury. Ideal for the mature adult.

WEIGHT WORKS ALL LEVELS

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

YOGA (BEGINNER) LEVEL 1

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

YOGA LEVEL 1-3

Classes feature multidisciplinary styles of yoga that utilize flowing poses and focus on breathing.

YOGA BLEND LEVEL 2-3

Yoga flows combined with rounds of interval conditioning exercises 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.