

GROUP EXERCISE Mar 20-May 31,2025

92NY

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|---|--|--|--|--|--|
| MORNING 8-8:55 AM POWER IT UP! Sam Lopez Mack Gym 9-9:55 AM STRETCH Claudia Brown CCS 9-9:45 AM SPINNING Michael Hughes SS 10-11 AM STRETCH Ginna Hoben Zoom 10-10:55 AM TRIM-N-TONE Michael Hughes Mack Gym 10-10:55 AM HANDS, KNEES, AND FEET Claudia Brown CCS 11-11:55 AM LATIN LOW IMPACT Michael Hughes Mack Gym | MORNING 7-7:45 AM MONDAY MORNING MASH-UP Kit West Mack Gym 7:15-8:15 AM POWER YOGA David Hollander CCS 8-8:55 AM AQUACISE Kit West Pool 8:30-9 AM POWER PUMP Cathy Gargulio Zoom 9-9:55 AM TRIM TONE BUILD BONE Sam Lopez CCS 10-10:55 AM STRETCH Claudia Brown S297* 10-11:15 AM IYENGAR YOGA Kavi Patel CCS 11-11:55 AM ZUMBA Annette Garcia Mack Gym 11:45 AM-12:40 PM AQUA PUMP Twain Revell Pool AFTERNOON & EVENING 12-12:55 PM BARRE CONDITIONING Jessica Hanson CCS 12-12:55 PM POWER STRENGTH Michael Hughes Mack Gym 6:15-7 PM CORE & MORE Sam Lopez Zoom 6:30-7:15 PM CARDIO KICKBOXING Michael Hughes Mack Gym 6:30-7:25 PM ZUMBA Annette Garcia CCS 7:30-8:45 PM YOGA David Hollander CCS 7:30-8:15 PM SPINNING Michael Hughes SS | MORNING 6:45-7:45 AM TRIM DOWN TONE UP Sam Lopez Mack Gym 7:15-8:10 AM PILATES MAT Yasu Suzuki CCS 8-9 AM TOTAL BODY STRENGTH Ginna Hoben Zoom 9:30-10:45 AM YOGA Sami Roth CCS 11-11:55 AM CARDIO BARRE Rima D Bien CCS 11-11:55 AM FORM AND FUNCTION Suzanne Brown S297* 11:45 AM-12:40 PM AQUACISE Chrissy Nance Pool 12-12:55 PM POWER STRENGTH Karin L Ruhe CCS AFTERNOON & EVENING 5:15-6:15 PM PILATES MAT Alicia Prinipe Zoom 6:30-7:25 PM ZUMBA Ivonne Puelles CCS 7-7:55 PM RELENTLESS! Sam Lopez Mack Gym 7:30-8:45 PM YOGA Jessica Hanson CCS | MORNING 7:15-8:15 AM POWER YOGA David Hollander CCS 8-8:50 AM INTERVAL AQUA Brad Cole Pool 8:30-9 AM POWER PUMP Sam Lopez Zoom 8:45-9:45 AM PILATES MAT & STRETCH Yasu Suzuki S297* 8:45-9:40 AM BARRE CONDITIONING Allison Goldsmith CCS 10-10:55 AM TRIM TONE BUILD BONE Mary Copeland CCS 11-11:55 AM STRETCH & ALIGNMENT Mary Copeland CCS 11-11:55 AM POWER STRENGTH Sam Lopez Mack Gym 11:45 AM-12:40 PM AQUACISE Chrissy Nance Pool AFTERNOON & EVENING 6:15-7 PM SPINNING Michael Hughes SS 7-8 PM YOGA BLEND Dalit Agronin CCS / Zoom 7-7:55 PM LATIN LOW IMPACT Michael Hughes Mack Gym | MORNING 7:15-8 AM POWER STRENGTH Sam Lopez Mack Gym 8-9 AM TOTAL BODY STRENGTH Ginna Hoben Zoom 9-9:55 AM TRIM TONE BUILD BONE Mary Copeland S297* 8:45-9:45 AM INTRO TO YOGA Yasu Suzuki CCS 9-9:45 AM AMRAMP STRENGTH Michael Hughes Mack Gym 9:45-10:15 AM SPINNING Michael Hughes SS 10-10:50 AM STEP Karin L Ruhe Mack Gym 10-10:55 AM PILATES MAT & FLOW Alicia Principe CCS 11-11:55 AM INTRO TO E-Z EX Karin L Ruhe S297* 11-11:55 AM RESTORATIVE STRETCH Alicia Principe CCS 12-12:55 PM WEIGHT WORKS Suzanne Brown CCS 12-12:45 PM AQUACISE Twain Revell Pool AFTERNOON & EVENING 6-7 PM YOGA STRENGTH Yasu Suzuki Zoom 6:30-7:45 PM YOGA Jessica Hansen CCS 7:15-8 PM TOTAL BODY WORKOUT Michael Hughes Mack Gym | MORNING 6:45-7:45 AM TONE UP/TRIM DOWN Sam Lopez Mack Gym 7:45-8:30 AM AQUA PUMP Kit West Pool 8:30-9 AM POWER PUMP Cathy Gargulio Zoom 9-9:55 AM YOGA Yasu Suzuki CCS 9:15-10:15 AM DEEP STRETCH YOGA Robin Simmonds Zoom 10-10:55 AM TOTAL BODY WORKOUT Karin L Ruhe Mack Gym 10-10:55 AM TRIM TONE BUILD BONE Kareem Collins CCS 11 AM-11:55 AM ZUMBA Annette Garcia S297* 11:15 AM-12 PM STRENGTHEN, RELEASE, STABILIZE Claudia Brown CCS 11:45 AM-12:40 PM AQUACISE Nathan Palmer Pool AFTERNOON & EVENING 12-12:55 PM FOUNDATIONS OF STRETCH & ALIGNMENT Claudia Brown CCS 1-2 PM PILATES MAT Yasu Suzuki Zoom 6:30-7:15 PM POWER STRENGTH Sam Lopez CCS / Zoom | MORNING 9-10 AM BODYWEIGHT SUPER SCULPT Sam Lopez Zoom 9:15-10:05 AM Reggaecise Bodycheck Nathan Palmer CCS 11 AM-12PM RELENTLESS! Sam Lopez Mack Gym 11:15 AM-12:30 PM IYENGAR YOGA Robin Simmonds CCS 12:30-1 pm MINDFULNESS MEDITATION Robin Simmonds CCS AFTERNOON & EVENING 5-5:55 PM AQUACISE Kit West Pool |

HOURS OF OPERATION

MON-THU

6 AM-10 PM

FRI

6 AM-8 PM

SAT-SUN

8 AM-8 PM

CLASS DESCRIPTIONS

92NY

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!

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, and focuses on balance and flexibility exercises.

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.

MINDFULNESS MEDITATION LEVEL 1-3

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

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 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 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.

REGGAEISE BODYCHECK LEVEL 1-3

Reggaeise 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.

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 LEVEL

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

STEP! LEVEL 2-3

Step Aerobics is a form of aerobic exercise that involves stepping on, off and around a small rectangular platform. It is a choreographed routine utilizing a set of steps or moves. Boost your heart rate and strengthen muscles. Improve balance, coordination, bone density and agility with this energetic cardio workout.

TONE UP 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.

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 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-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 ALL LEVELS

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

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.

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 S297, HFS, 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.

Study Key

HFS* = Health & Fitness Studio
CCS = Cardio Court Studio
S297* = South Building 2ND FL
SS = Spin Studio

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