

SMALL-GROUP TRAINING

92NY

SUN

MORNING

10 AM - 10:55 AM
HIIT
Alejandro
Turf

MON

MORNING

7:15 AM - 8 AM
Full body Strength
Circuit
Liz
Turf

AFTERNOON/EVENING

TUE

MORNING

8:30 AM - 9:30 AM
TRX
Kim Weiss
HFS

AFTERNOON/EVENING

6 PM - 6:55 PM
Full body Strength
Circuit
Kat
Turf

WED

MORNING

AFTERNOON/EVENING

THU

MORNING

7:30 AM - 8:30 AM
TRX
Kim Weiss
HFS

AFTERNOON/EVENING

5:45 PM - 6:45 PM
Just Strength
Personal Trainer Team
Aerobic Alley

FRI

MORNING

8 AM - 8:55 AM
HIIT
Kile
Turf

SAT

MORNING

10 AM - 10:55 AM
HIIT
Gabe
Turf

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 [Myclubonline.com](#)

CLASSROOMS & LOCATIONS

Aerobic Alley 5th FL

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.



SMALL-GROUP DESCRIPTIONS

92NY

Bootcamp

Bootcamp is a high-energy, full-body workout that combines strength, cardio, and functional exercises to push your limits and improve endurance, power, and overall fitness.

Core & Flexibility

Focuses on strengthening the core, improving posture, and increasing flexibility through a combination of targeted exercises and stretches.

Full Body Strength Circuit

The Full Body Strength Circuit is a high-intensity, total-body workout combining functional movements, bodyweight exercises, and light weights to build strength, endurance, and toning for all fitness levels.

HIIT

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

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

Just Strength

The Strength class focuses on building muscle and increasing overall strength through a variety of weightlifting and bodyweight exercises targeting all major muscle groups.

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.