

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana Studio A&B	8:30 - 9:15 RENEWAL/RENTAL Teri Studio A&B Registration required*	6:30 - 7:15 SUNRISE BEASTANETICS \$ Shana Studio A&B	7:00 - 8:00 SUNRISE YOGA Paola Studio A&B	7:00 - 8:00 TAI CHI Roberto Studio A&B	9:00 - 10:00 TOTAL BODY BURN Toni Studio A&B
9:00 - 9:55 FUNCTIONAL TRAINING Shana Studio A&B	9:45 - 10:45 TAI CHI Roberto Studio A&B	9:00 - 10:00 HATHA YOGA Susan Community A&B	10:00 - 11:00 PILATES FUNDAMENTALS Jennifer Community B (Beg/Int)	9:00 - 10:00 HATHA YOGA Chintamani Studio A&B <i>please arrive 15 mins early</i>	9:00 - 10:00 SATURDAY PILATES Chintamani Room 403
10:15 - 11:15 IYENGAR YOGA Brina Studio A/B (All Levels)	11:00-11:45 LOW IMPACT CARDIO & CONDITIONING Julie C. Gymnasium	10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy Gymnasium	11:00 - 11:45 GROOVE: YOUNG AT HEART WITH WEIGHTS Yvonne Gymnasium	10:15 - 11:15 Mr.Gu Ken Studio A&B	10:15 - 11:45 VINYASA YOGA Robin Studio A&B
10:30 - 11:20 AEROBICS W/ STRENGTH TRAINING Ivy Gymnasium	11:00 - 12:00 POSTPARTUM PILATES W/ BABY Elizabeth Studio A&B	11:30-12:15 SILVERSNEAKERS CIRCUIT Ivy Gymnasium	12:00 - 12:30 LUNCH CRUNCH STRENGTH Elizabeth Studio A&B	11:00 - 11:45 ZUMBA GOLD Denise Gymnasium	12:15 - 1:15 TAI CHI Roberto Studio A&B
11:30-12:15 SILVERSNEAKERS CLASSIC Elizabeth Gymnasium	12:15-1:00 LUNCH CRUNCH PILATES Elizabeth Studio A&B	12:00 - 12:50 LUNCH CRUNCH FUSION WORKOUT Josue Studio A&B	12:30 - 12:45 LUNCH CRUNCH ABS Elizabeth Studio A&B	11:30 - 12:15 LUNCH CRUNCH BOOTCAMP Natasha Studio A&B	1:30 - 2:30 BOXING** Jacob Studio A&B
12:00 - 12:50 BOX, TONE AND STRETCH Jennifer Studio A&B	12:30 - 1:30 SIT + BE FIT Sheila Community A	1:00 - 1:45 MOMMY & ME BARRE Julie GK Studio A	1:00 - 2:00 NEW BODY / NEW BABY Kim Studio A	12:45 - 1:45 MOMMY & ME YOGA Stephanie Community B	SUNDAY
1:00 - 1:45 LUNCH CRUNCH ZUMBA Bobby Studio A	6:15 - 7:15 NIA JAZZ Yvonne Studio A&B	2:00 - 3:00 JUGGLING Alice Studio A	6:15 - 7:15 YAMUNA BODY ROLLING Karen Room 403	3:00 - 4:00 CHAIR CHALLENGE - YOGA Sheila Room 403	9:00-9:50 SUNDAY HIITs Lauren M Studio A&B
6:15 - 7:15 TOTAL BODY CONDITIONING: CARDIO SCULPT Maddi Studio A&B	6:45-7:30 PILATES FUNDAMENTALS Cathy Community A&B	6:20 - 7:20 ZUMBA Bobby Studio A&B	6:30 - 7:15 TABATA Josue Studio A&B	6:15 - 7:15 NIA DANCE Yvonne Studio A&B	10:00 - 11:30 VINYASA YOGA Lorrie Studio A&B
7:00-8:15 VINYASA OPEN YOGA TBA Community A&B	7:30 - 8:30 BOXING** Jacob Studio A&B	7:00 - 8:30 VINYASA YOGA Mei Lan Community A&B	6:40 - 7:35 CINCH PILATES Desira Community A&B		11:45 - 12:45 SUNDAY PILATES Tara Studio A&B
7:30 - 8:30 YOGA BASICS Julie GK Studio A&B	7:30 - 8:15 MEDITATION Ellie Room 403	7:30 - 8:30 TOTAL BODY CHALLENGE Josue Studio A&B	7:30 - 8:30 IYENGAR YOGA Brina Studio A&B		1:00 - 2:00 ZUMBA Celeste Studio A&B
					5:15 - 6:30 BARRE Sheila Studio A&B

Beginner	<p>PLEASE NOTE: All equipment provided. Classes are free for members except where indicated (\$). Non-Members can attend with purchase of a Day Pass. Non-Members can attend Mommy & Me classes with purchase of a 5-class Punch Card. See Service Desk for details. Classes are subject to change without notice.</p> <p>CHILDCARE: Available daily 8:45 AM - 2:00 PM</p> <p>*RENEWAL: This program is for those currently or recently receiving treatment for cancer and is limited to one year from the time of enrollment. A physician's note is required for participation. For information and registration, contact Alison Snow, PhD, LCSW-R, OSW: 212.844.6022 / alison.snow@mountsinai.org</p> <p>**BOXING: Gloves available for purchase at Service Desk.</p>
Intermediate	
Advanced	
Mommy & Me	