

IN-PERSON FITNESS SCHEDULE JULY 2024



MONDAY

STRENGTH & CONDITIONING = (Fitness studio)
with Caroline 9:30 – 10:20 AM

GET FIT = (Gymnasium)
with Ivy 10:00 – 11:00 AM

* **TODDLER AND ME YOGA +** (Room 402)
with Kiyoe 10:00 – 10:45 AM

* **NEW PARENT AND PRENATAL YOGA +** (Room 402)
with Kiyoe 11:00 – 11:45 AM

POWER HOUR BODY CHALLENGE ≡ (Fitness studio)
with Tim 6:30 – 7:20 PM

CLASSICAL YOGA = (Fitness studio)
with Amrita 7:30 – 8:30 PM
Paused until July 29th

TUESDAY

HATHA YOGA = (Fitness studio)
with Rie 9:30 – 10:20 AM

PILATES PLUS = Hybrid (Fitness studio)
with Elizabeth 10:30 – 11:15 AM

STRENGTH CLASS = (Fitness studio)
with Elizabeth 11:30 AM – 12:15 PM

STRONG NATION BY ZUMBA "LUNCH CRUNCH" (Fitness studio)
with Bethany 12:30 – 1:20 PM

CARDIO BLAST ≡ (Fitness studio)
with Tara 6:30 – 7:20 PM

WEDNESDAY

SUNRISE STRETCH – (Roof)
with Chintanami 7:00 – 7:50 AM

PILATES FUSION = (Fitness studio)
with Jennifer 9:30 – 10:20 AM

AEROBICS WITH STRENGTH TRAINING = (Gymnasium)
with Ivy 10:00 – 10:50 AM

SIT 'N BE FIT – (Fitness studio)
with Liz 11:00 – 11:45 AM

JUGGLING – (Fitness studio)
with Alice 1:30 – 2:20 PM

ZUMBA = (Fitness studio)
with Celeste 6:30 – 7:20 PM

PUNK ROPE ≡ (Fitness studio)
with Tim and Shana 7:30 – 8:20 PM

THURSDAY

SUNRISE YOGA = (Roof)
with Rie 8:15 – 9:15 PM

FUNCTIONAL YOGA – (Fitness studio)
with Amrita/Rie 10:00 – 11:00 AM
Cancelled July 11th

* **BABY AND ME FITNESS +** (Playroom)
11:30 AM – 12:15 PM

MIDDAY MOVING MEDITATION – (Fitness studio)
with Jennifer 12:00 – 12:50 PM

HIIT STRENGTH ≡ (Fitness studio)
with Tim 6:30 – 7:20 PM

ADULT BALLET – (Fitness studio)
with Shoshana 7:30 – 8:30 PM

FRIDAY

YOGA BASICS – (Fitness studio)
with Susan 9:30 – 10:30 AM

YOUR BODY, TAKE CHARGE! – (Fitness studio)
with Liz 11:00 – 11:50 AM

"LUNCH CRUNCH" 45 MINUTE FULL BODY HIIT CIRCUIT ≡ (Fitness studio)
with Stephen 12:15 – 1:00 PM

PILATES – (Fitness studio)
with Lilly 1:30 – 2:30 PM

SATURDAY

STRETCH, FLOW & RESTORE = (Fitness studio)
with Susan 9:45 – 10:45 AM

ZUMBA = (Fitness studio)
with Sophia 12:15 – 1:05 PM

SUNDAY

ZUMBA = (Fitness Studio)
with Celeste 12:00 – 12:45 PM

* Reservations needed

— GENTLE —
— INTERMEDIATE —
— HIGH INTENSITY —
— FAMILY FITNESS +

+ Family fitness classes are free for 14Y members and \$35 per session for nonmembers.

VIRTUAL FITNESS SCHEDULE JULY 2024



MONDAY

PILATES =

with Marissa 9:00 – 9:50 AM

ALIGNMENT YOGA =

with Marissa 10:00 – 11:00 AM

MIDDAY EXERCISE –

with Marissa 11:30 AM – 12:15 PM

TUESDAY

TAI CHI –

with Roberto 9:00 – 10:00 AM

LOW IMPACT CARDIO AND CONDITIONING –

with Shana 11:00 – 11:45 AM

PILATES PLUS = Hybrid (Fitness studio)

with Elizabeth 10:30 – 11:15 AM

14Y Members: For access to Zoom links for virtual fitness classes, please see the Service Desk.

THURSDAY

SILVER SNEAKERS

WITH CORE AND MORE =

with Elizabeth 12:00 – 12:45 PM

FRIDAY

HATHA YOGA –

with Marissa 9:00 – 10:00 AM

TAI CHI –

with Roberto 10:30 – 11:15 AM

SATURDAY

PILATES =

with Allyson 11:30 AM – 12:30 PM

Fitness class schedules subject to change. Visit 14StreetY.org/FitnessClasses for the latest information.

SUNDAY

VINYASA YOGA ≡

with Natalia 11:00 AM – 12:00 PM

 **GENTLE –**

 **INTERMEDIATE =**

 **HIGH INTENSITY ≡**

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