



IN-PERSON FITNESS SCHEDULE AUGUST 2024



MONDAY

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

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

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

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

PILATES –
(Fitness studio) w/ Marissa 11:00 – 11:50 AM

MIDDAY EXERCISE =
(Fitness studio) w/ Marissa 12:00 – 12:50 PM

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

CLASSICAL YOGA =
(Fitness studio) w/ Amrita 7:30 – 8:30 PM

TUESDAY

TAI CHI –
(Fitness studio) w/ Roberto 8:30 – 9:20 AM

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

PILATES PLUS =
(Fitness studio)
w/ Elizabeth 10:30 – 11:15 AM

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

**STRONG NATION BY ZUMBA
"LUNCH CRUNCH" =**
(Fitness studio) w/ Bethany 12:30 – 1:20 PM

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

WEDNESDAY

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

AEROBICS W/ STRENGTH TRAINING =
(Gymnasium) w/ Ivy 10:00 – 10:50 AM

SIT 'N BE FIT –
(Fitness studio) w/ Sheila 11:00 – 11:45 AM

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

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

PUNK ROPE ≡
(Fitness studio) w/ Tim & Shana 7:30 – 8:20 PM

THURSDAY

SUNRISE YOGA =
(Roof) w/ Rie 8:15 – 9:05 AM

FUNCTIONAL YOGA –
(Fitness studio) w/ Amrita 10:00 – 11:00 AM

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

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

ADULT BALLET –
(Fitness studio) w/ Shoshana & Asia 7:30 – 8:30 PM

FRIDAY

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

FITNESS FRIDAY'S =
(Gymnasium) w/ Ivy 10:00 – 11:00 AM

YOUR BODY, TAKE CHARGE! –
(Fitness studio) w/ Sheila 11:00 – 11:50 AM

PILATES –
(Fitness studio) w/ Lilly 1:30 – 2:20 PM

SATURDAY

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

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

SUNDAY

SUNRISE STRETCH –
(Fitness studio) w/ Liz 9:00 – 10:00 AM

ZUMBA =
(Gymnasium) w/ Celeste 12:30 – 1:15 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 AUGUST 2024



MONDAY

ALIGNMENT YOGA =
w/ Marissa 9:00 – 9:50 AM

TUESDAY

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

THURSDAY

**SILVER SNEAKERS WITH
CORE AND MORE =**
w/ Elizabeth 12:00 – 12:45 PM

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

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

SUNDAY

VINYASA YOGA ≡
with Natalia 11:00 AM – 12:00 PM

———— GENTLE –
———— INTERMEDIATE =
———— HIGH INTENSITY ≡

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