

GROUP EXERCISE

Oct 1-Jan 27

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

SUN

MORNING

9-9:55 AM **STRETCH**
Claudia Brown HFS*

9:10-9:55 AM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

10-11 AM **PILATES (INT/ADV)**
Alicia Stewart HFS*

10-10:55 AM **TRIM-N-TONE**
Michael Hughes Mack Gym

10:30 AM-12 PM **IVENGAR YOGA**
Robin Simmonds CCS

11 AM-12 PM **LATIN LOW IMPACT**
Michael Hughes Mack Gym

AFTERNOON & EVENING

12:05-1 PM **INTRO TO PILATES**
Alicia Stewart CCS

4:15-5:15 PM **INTRO TO YOGA**
Gosha Karpowicz CCS

5:30-7 PM **YOGA (INT)**
Gosha Karpowicz CCS

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM

FRI
5:30 AM-9 PM

SAT-SUN
7:30 AM-8 PM

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FOR REAL-TIME UPDATES:



MON

MORNING

6:45-7:30 AM **GROUP CYCLE™ CONNECT (BEG)**
Cathy Gargiulo SS**

6:45-7:15 AM **TONE UP**
Sam Lopez Mack Gym

7:15-7:45 AM **TRIM DOWN**
Sam Lopez Mack Gym

7:15-8 AM **STRETCH AND TONE (BONE!)** Suzanne Brown HFS*

9-9:55 AM **TRIM, TONE— BUILD BONE! (ALL)** Sam Lopez CCS

9-9:55 AM **TOTAL BODY WORKOUT** Karin L. Ruhe HFS*

10-10:55 AM **WEIGHT WORKS**
Suzanne Brown HFS*

10-11:25 AM **IVENGAR YOGA**
Kavi Patel CCS

11-11:55 AM **POWER STRENGTH**
Michael Hughes HFS*

11-11:55 AM **ZUMBA®**
Xavier Marzan Mack Gym

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12:05-1:05 PM **PILATES MAT**
Donna Sisco HFS*

12:30-1:20 PM **STRETCH AND ALIGNMENT** Mary Copeland CCS

6-6:55 PM **FELDENKRAIS®**
Maxine Davis CCS

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

6:30-7:25 PM **INTRO TO PILATES** Yasu Suzuki S104*

6:40-7 PM **ABSOLUTE ABS**
Ken Watts Mack Gym

7-8 PM **YOGA**
Ilene Cohen CCS

7:05-8 PM **R.E.D. WARRIOR® 2.0**
Michael Hughes Mack Gym

7:30-8:25 PM **YOGA (BEG.)**
Yasu Suzuki S104*

8:05-9 PM **ZUMBA®**
Xavier Marzan Mack Gym

8:10-9:05 PM **PILATES MAT & BARRE** Alicia Stewart CCS

TUE

MORNING

7:15-8:15 AM **PILATES**
Yasu Suzuki CCS

9-10:15 AM **FIT FOR LIFE**
Michael Hughes Mack Gym/
SS**

9:05-9:55 AM **CARDIO CROSS-TRAINING** Cathy Gargiulo HFS*

9:10-9:55 AM **INTRO TO E-Z EX**
Karin L. Ruhe CCS

10-11:20 AM **HATHA FLOW**
Gosha Karpowicz CCS

10:25-11:20 AM **STRETCH AND TONE** Suzanne Brown HFS*

11:35 AM-12:25 PM **WEIGHTS, BARS & BANDS** Sam Lopez CCS

AFTERNOON & EVENING

12:30-1:45 PM **FLUID FLEXIBILITY & MEDITATION**
Larissa Velez CCS

6-7:15 PM **YOGA**
Evelyn Pate CCS

6:10-6:55 PM **ZUMBA®**
Daniela Grosso HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (BEG)**
Cathy Gargiulo SS**

6:45-8 PM **RELENTLESS!**
Sam Lopez Mack Gym

7:20-8:20 PM **INTRO TO YOGA**
Karen Yat HFS*

WED

MORNING

6:45-7:15 AM **TRIM DOWN**
Sam Lopez Mack Gym

6:45-7:30 AM **GROUP CYCLE™ CONNECT (ALL)**
Cathy Gargiulo SS**

7:15-7:45 AM **TONE UP**
Sam Lopez Mack Gym

9-9:55 AM **TOTAL BODY GROOVE**
Carlos Ferreira Mack Gym

9-9:55 AM **PILATES-YOGA FUSION** Yasu Suzuki HFS*

9-9:55 AM **TRIM, TONE-BUILD BONE! (ALL)** Valerie Downing CCS

10-10:55 AM **WEIGHT WORKS (BONE!)** Suzanne Brown HFS*

10-11:15 AM **YOGA STRENGTH**
Gosha Karpowicz CCS

11-11:55 AM **POWER STRENGTH**
Sam Lopez Mack Gym

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12-12:55 PM **ZUMBA®**
Daniela Grosso HFS*

12:05-1 PM **PILATES FLOW & BALANCE (BONE!)**
Alicia Principe Mack Gym

12:30-1:20 PM **BALANCE IN MOTION** Julia Kulakova CCS

6-6:55 PM **PILATES**
Yasu Suzuki CCS

6-7:20 PM **CORE YOGA**
Evelyn Pate HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Michael Hughes SS**

6:40-7 PM **ABSOLUTE ABS (ADV)** Ken Watts Mack Gym

7-7:55 PM **INTRO TO YOGA**
Yasu Suzuki CCS

7:05-7:55 PM **LATIN LOW IMPACT**
Michael Hughes Mack Gym

7:55-8:10 PM **MEDITATION**
Yasu Suzuki CCS

THU

MORNING

7:15-8 AM **POWER STRENGTH**
Sam Lopez Mack Gym

7:15-8:15 AM **PILATES**
Donna Sisco CCS

9-9:55 AM **R.E.D. WARRIOR® 2.0**
Michael Hughes Mack Gym

9:10-9:55 AM **INTRO TO E-Z EX**
Karin L. Ruhe HFS*

10-10:55 AM **ONE & DONE**
Sam Lopez HFS*

10-11:25 AM **YOGA**
Michael Gilbert CCS

11-11:55 AM **STRETCH AND TONE (BONE!)** Suzanne Brown HFS*

11:35 AM-12:25 PM **WEIGHTS, BARS & BUNS** Rima D. Bien CCS

AFTERNOON & EVENING

12:30-1:45 PM **FLUID FLEXIBILITY & MEDITATION**
Rima D. Bien CCS

6-7:25 PM **IVENGAR YOGA**
Cory Washburn CCS

6:10-7:05 PM **ZUMBA®**
Stefani Meltzer HFS*

6:15-7 PM **GROUP CYCLE™ CONNECT (ALL)**
Valerie Downing SS**

6:40-7:25 PM **CARDIO KICKBOXING** Michael Hughes Mack Gym

7:15-8:05 PM **INTRO TO PILATES** Alicia Stewart HFS*

7:30-8:15 PM **BOSU® BOUNCE**
Sam Lopez Mack Gym

FRI

MORNING

6:45-7:45 AM **RELENTLESS!**
Sam Lopez Mack Gym

7:15-8 AM **STRETCH AND TONE (BONE!)** Suzanne Brown HFS*

9-9:55 AM **TRIM, TONE—BUILD BONE! (ALL)** Mary Copeland CCS

9-9:55 AM **TOTAL BODY WORKOUT** Karin L. Ruhe HFS*

10-10:55 AM **WEIGHT WORKS (BONE!)** Suzanne Brown HFS*

10-11:20 AM **IVENGAR YOGA**
Michael Morphis CCS

11-11:55 AM **POWER STRENGTH**
Karin L. Ruhe HFS*

11:35 AM-12:25 PM **WOMEN'S HEART PLUS** Mary Copeland CCS

AFTERNOON & EVENING

12:05-1 PM **ZUMBA®**
Daniela Grosso HFS*

6-6:55 PM **FEMME VITALE**
Julia Kulakova HFS*

6:30-7:15 PM **CARDIO BOOTCAMP (INT/ADV)**
Sam Lopez Mack Gym

6:30-8 PM **RESTORATIVE IVENGAR YOGA**
Cory Washburn CCS

7:20-8 PM **POWER STRENGTH**
Sam Lopez Mack Gym

SAT

MORNING

8:15-9:10 AM **PILATES**
Donna Sisco CCS

9:15-10 AM **GROUP CYCLE™ CONNECT (ALL)**
Cathy Gargiulo SS**

9:15-10:10 AM **ZUMBA®**
Stefani Meltzer CCS

10:15-10:35 AM **ABSOLUTE ABS**
Cathy Gargiulo CCS

11 AM-12:30 PM **YOGA**
Margarita Manwelyan CCS

AFTERNOON & EVENING

5-6:30 PM **ANUSARA YOGA**
Jessica Hanson CCS

CLASSROOMS & LOCATIONS

HFS*	Health & Fitness Studio	Basement N B04
Jr Gym*	Junior Gymnasium	Basement N B14
CCS	Cardio Court Studio	4th Floor N 411A
SS**	Spinning Studio	4th Floor N 406B
CC	Cardio Court	4th Floor N 411
Pool		3rd Floor N 332
Lane Gym	Large Gymnasium	4th Floor N 401
Mack Gym	Small Gymnasium	4th Floor N 406
TechnoGym Room		4th Floor N 401A
Free Weight Room		5th Floor N 501
Boxing Room		5th Floor N 510B (Above Spinning Studio)
S104*		South Bldg. 1 st Floor

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

** Call 212.415.5701 24 hours in advance to reserve spin bike.

Please refer to class description page for levels of fitness intensity.

CLASS DESCRIPTIONS

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

ABSOLUTE ABS LEVELS 2-3

An intense workout designed to strengthen and tone the abdominals. **Intermediate and advanced levels.** MON, WED & SAT

ANUSARA YOGA LEVELS 1-3

This class focuses on finding a balance between flow and holding poses, strength and flexibility, emphasizing alignment. SAT

BALANCE IN MOTION LEVELS 1-3

Center yourself while improving coordination and spatial awareness. Use qi gong and tai chi techniques to increase ankle, knee and hip range of motion. Harmonize the body and mind with a bagua circle walk meditation. WED

BOSU® BOUNCE LEVELS 2-3

Target the nine elements of total fitness. THU

CARDIO BOOTCAMP LEVELS 2-3

A fusion-style class using cardio kick moves combined with endurance drills. FRI

CARDIO CROSS TRAINING

LEVELS 2-3

Combines aerobic moves with interval weight training. TUE

CARDIO KICKBOXING LEVELS 1-3

Kicking, punching and blocking combinations stimulate both mind and body. THU

CORE YOGA LEVELS 1-3

Flowing yoga movements with an emphasis on strengthening the body's core muscles. WED

FELDENKRAIS® LEVELS 1-3

Become more aware of your kinesthetic sense and improve body mechanics. MON

FEMME VITALE LEVELS 1-3

A vibrant and sensual movement class that incorporates yoga, tai chi and ancient healing arts with exhilarating rhythms. FRI

FIT FOR LIFE LEVELS 1-3

Total body workout including weights, Gliding™ discs and power moves. Complemented with a high-energy cardio spin finish (*advance reservation required for spin component*). TUE

FLUID FLEXIBILITY & MEDITATION

LEVELS 1-3

Mindful motions and deep stretches increase blood flow and rejuvenate. Concludes with a soothing meditation. TUE & THU

GROUP CYCLE™ CONNECT (BEGINNER)

A moderate workout designed for riders who may or may not have taken a Group Cycling class before. Includes review of bike set-up and basic indoor cycling movements. Beginner level. Requires advance reservations that can be made beginning 24 hours prior to the start of class by calling 212.415.5701. MON & TUE

GROUP CYCLE™ CONNECT (ALL)

Experience the world's first and only indoor cycling bike that tracks workouts, enabling riders to improve performance through a totally immersive riding experience. Have fun, torch calories and get motivated with inspirational videos and music while climbing and sprinting to the finish line. May Center members can call 212.415.5701 to reserve a Technogym spin bike 24 hours in advance of a class. Early arrival is suggested. Bikes are held until the start of class; after that, reservations are released. A towel and water bottle are required. DAILY EXCEPT FRI

HATHA FLOW LEVELS 1-3

Utilizes breath and a vinyasa flow series emphasizing alignment. All levels. TUE

INTRO TO E-Z EX LEVELS 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. TUE & THU

INTRO TO PILATES LEVELS 1-2

Learn the basic Pilates exercises in this easy-to-follow class. SUN, MON & THU

INTRO TO YOGA LEVELS 1-2

An easy-to-follow, Hatha Yoga class for beginners. SUN, TUE & WED

IYENGAR YOGA LEVELS 2-3

Emphasizes alignment of the body and breath to achieve a balance of stability and flexibility. MON, THU & FRI

LATIN LOW IMPACT LEVELS 1-3

A fun, low impact, cardio workout to the beat of Latin rhythms. SUN & WED

MEDITATION LEVELS 1-3

A soothing class with a focus on breathing and visualization exercises. WED

ONE & DONE LEVELS 2-3

A class designed to tap into your inner strength, and explosive speed; performing exercises that will restore your agility and enhance movement to levels you never thought possible. THU

PILATES FLOW & BALANCE (BONE!) LEVELS 1-3

This class combines Pilates mat sequences for core strength, structural alignment and flexibility with standing routines for balance training. Utilizing the Pilates rings will provide moderate resistance for muscle and bone health. This workout can be adapted and is appropriate for all fitness levels. WED

PILATES MAT & BARRE LEVELS 1-3

Using the discipline of Pilates and ballet technique, develop sleek strong muscles and increase range of motion. MON

PILATES METHOD MAT EXERCISE LEVEL 1

Gain strength and flexibility using floor exercises developed by Joseph H. Pilates. Intermediate and advanced levels. DAILY EXCEPT FRI

PILATES-YOGA FUSION LEVELS 1-3

A beginner class focused on building flexibility, strength and range of motion through the blending of Pilates and Yoga. WED

POWER STRENGTH LEVELS 2-3

An intense muscle specific, strength training workout to boost your metabolic rate by increasing lean muscle mass. MON, WED, THU & FRI

R.E.D. WARRIOR® 2.0 LEVELS 1-3

An intense workout fusing martial arts, fitness, moving meditations, and inspirational conversations to strengthen your body and mind. Redefine your belief in yourself, learn to be present in the moment, quiet your mind, and become aware of your inner strength. MON & THU

RELENTLESS! LEVEL 3

An aggressive fitness challenge packed with intensive cardio strength moves to boost power and develop core muscles. TUE & FRI

RESTORATIVE IYENGAR YOGA LEVELS 2-3

Supportive opening poses promote restoration and realignment. All levels. FRI

STRETCH LEVELS 1-3

Improve your flexibility with basic stretches designed to increase range of motion and prevent injury. SUN

STRETCH & ALIGNMENT LEVELS 1-3

Use standing exercises and barre and mat work to promote proper spinal and joint alignment. MON

STRETCH AND TONE LEVELS 1-3

Flexibility and muscle toning exercises focusing on posture and alignment. All levels. MON, TUE, THU & FRI

TONE ↑ LEVELS 1-3

Strengthen and shape upper body muscles. Class concludes with a core-focused, stability ball series. Combine this class with Trim ↓ for a total body blast. MON & WED

TOTAL BODY GROOVE LEVELS 2-3

Fast-paced cardio moves fused with boot camp-style weight work. WED

TOTAL BODY WORKOUT LEVELS 2-3

Features high intensity aerobic workout, muscular conditioning exercises and a relaxing stretch. MON & FRI

TRIM ↓ LEVELS 1-3

Power up lower body muscles using steps, weights and challenging conditioning regimens. Combine this class with Tone ↑ for a total body blast. MON & WED

TRIM-N-TONE LEVELS 1-3

Use weights, hand weights, bands and body bars to increase metabolism and lose inches. SUN

TRIM, TONE-BUILD BONE! (ALL) LEVELS 1-2

Boost stamina, tone muscles and load bone in the areas most at risk for osteoporotic fracture. MON, WED & FRI

WEIGHTS, BARS & BANDS LEVELS 2-3

Boost metabolism, while building bone and muscle strength. Intermediate and advanced levels. TUE

WEIGHTS, BARS & BUNS LEVELS 2-3

Boost metabolism, while building bone and muscle strength, ending with a sequence for abs, hips and buns. Intermediate and advanced levels. THU

WEIGHT WORKS (BONE!) LEVELS 1-3

Muscle strengthening and balance/alignment improvement using free weights. All levels. MON, WED & FRI

WOMEN'S HEART PLUS

LEVELS 1-2

A unique class format for women with coronary disease or for those trying to prevent it. Includes gentle aerobic exercise, moderate resistance training and stretching. MON, WED & FRI

YOGA

Classes feature multidisciplinary styles of yoga, which utilize flowing poses and a focus on breathing. DAILY

YOGA (BEGINNER) LEVELS 1-2

Ideal for the true beginner who has no prior knowledge of yoga. MON

YOGA STRENGTH LEVELS 1-3

This unique format focuses on building strength, balance and flexibility while engaging in a variety of yoga poses. WED

ZUMBA® LEVELS 1-3

A fun, fusion workout using Latin and International dance themes. DAILY EXCEPT SUN

GROUP EXERCISE CLASS ETIQUETTE

1. Entrance after the warm-up period is finished (10 minutes) will be denied.
2. If entering following the start of class, please move to the back of the room.
3. Proper athletic footwear must be worn in all classes, closed-toe rubber soled athletic shoes only. Bare feet are permitted in yoga classes and select Pilates classes. Check with the instructor to ensure bare feet are appropriate for the class.
4. Proper athletic attire must be worn in all classes. Jeans will not be permitted.
5. Choose an appropriate skill level and intensity. If just starting out, or coming back after a layoff, select beginner classes.
6. Please follow the instructor's directions and return equipment to the proper place after class.
7. As a courtesy to all, please turn off cell phones prior to class.
8. A wristband-of-the-day is required for all classes held in the HFS Studio & Junior Gym.

92Y.org/activitieschedule

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POOL SCHEDULE

Oct 1-Jan 27

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

SUN

MON

TUE

WED

THU

FRI

SAT

MORNING

7:30-9 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

9-9:45 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:45 AM-1 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

1-3 PM
3 Lanes: 1 **FAMILY SWIM***/
CHILDREN'S CLASS
2 **CHILDREN'S CLASSES**
No Adult Lap Swim

3-6 PM
3 Lanes: 2 **CHILDREN'S CLASSES**
1 **ADULT LAP SWIM**

6-8 PM
4 Lanes: 3 **ADULT & TEEN LAP SWIM**, 1 **ADULT CLASS**

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM
FRI
5:30 AM-9 PM
SAT-SUN
7:30 AM-8 PM

DOWNLOAD OUR APP
FOR REAL-TIME UPDATES:



MORNING

5:30-8:15 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise,
No Children

8:15-8:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

8:30-9:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:30-11:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

11:30 AM-12:10 PM
3 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

12:50-3:45 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

3:45-6:30 PM
4 Lanes: 4 **CHILDREN'S CLASS**/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **FLYING DOLPHINS SWIM TEAM**

7-7:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

7:30-8:30 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **ADULT CLASS**
No Children

8:30-10:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

MORNING

5:30-7 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **FLYING DOLPHINS SWIM TEAM**

7-8:15 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise,
No Children

8:15-8:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

8:30-9:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:30-11:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

11:30 AM-12:10 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

12:50-3:45 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

3:45-6:30 PM
4 Lanes: 4 **CHILDREN'S CLASS**/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 4 **ADULT LAP SWIM**
No Children

7-7:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

7:30-8:30 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **ADULT CLASS**
No Children

8:30-10:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

MORNING

5:30-6:30 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise
No Children

6:30-7:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**/
STATIONARY EXERCISE

7:30-8:15 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise
No Children

8:15-8:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

8:30-9:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:30-11:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

11:30 AM-12:10 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

12:50-3:45 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

3:45-6:30 PM
4 Lanes: 4 **CHILDREN'S CLASS**/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **FLYING DOLPHINS SWIM TEAM**

7-7:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**, No Children

7:30-8:30 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **ADULT CLASS**, No Children

8:30-10:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

MORNING

5:30-7 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **FLYING DOLPHINS SWIM TEAM**

7-8:15 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise,
No Children

8:15-8:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

8:30-9:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:30-11:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

11:30 AM-12:10 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

12:50-3:45 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

3:45-6:30 PM
4 Lanes: 4 **CHILDREN'S CLASS**/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7 PM
4 Lanes: 4 **ADULT LAP SWIM**
No Children

7-7:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

7:30-8:30 PM
4 Lanes: 2 **ADULT LAP SWIM**
2 **ADULT CLASS**
No Children

8:30-10:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**
No Children

MORNING

5:30-8:15 AM
4 Lanes: 4 **ADULT LAP SWIM**
No Stationary Exercise
No Children

8:15-8:30 AM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

8:30-9:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

9:30-11:30 AM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

11:30 AM-12:10 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **STATIONARY EXERCISE**
No Children

AFTERNOON & EVENING

12:10-12:50 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **AQUACISE**, No Children

12:50-3:45 PM
3 Lanes: 2 **ADULT LAP SWIM**
1 **CHILDREN'S CLASS**

3:45-6:30 PM
4 Lanes: 4 **CHILDREN'S CLASS**/
FLYING DOLPHINS SWIM TEAM
No Adults

6:30-7:30 PM
4 Lanes: 3 **ADULT LAP SWIM**
1 **ADULT INSTRUCTION**/
STATIONARY EXERCISE

7:30-9 PM
4 Lanes: 4 **ADULT LAP SWIM**
No Children

60+ MEMBERS may use the pool Monday-Friday, 12-1 pm.

YOUTH AND TEEN MEMBERS

may use the pool Monday-Thursday, 3-4:30 pm (Lap swim only);
Saturday, 3-8 pm & Sunday, 6-8 pm (Teen Lap Swim only).

STATIONARY EXERCISE is permitted during Adult Lap Swim at the
lifeguard's discretion.

ADULT LAP SWIM configuration may be modified at the lifeguard's
discretion.

* Family Swim: Adult members may bring children 6 years old and under
free of charge; children over 7 years require a membership or guest pass.

Shaded areas indicate best times for lap swim.

Swim caps required.

POOL SCHEDULE

Oct 1-Jan 27

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

LAP SWIM

SUN

MORNING
7:30-9 AM
3 Lanes: **ADULT**
No Children

9-9:45 AM
2 Lanes: **ADULT**
No Children

9:45 AM-1 PM
3 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

1-3 PM
FAMILY SWIM*
No Lap Swim

3-6 PM
1 Lane: **ADULT**

6-8 PM
3 Lanes: **ADULT & TEEN**

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM

FRI
5:30 AM-9 PM

SAT-SUN
7:30 AM-8 PM

NO ADULT LAPSWIM
MON-FRI: 3:45-6:30 PM
SAT-SUN: 1-3 PM

MON

MORNING
5:30-8:30 AM
4 Lanes: **ADULT**
No Children

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
2 Lanes: **ADULT**

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

TUE

MORNING
5:30-7 AM
3 Lanes: **ADULT**

7-8:30 AM
4 Lanes: **ADULT**
No Children

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
4 Lanes: **ADULT**
No Children

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

WED

MORNING
5:30-6:30 AM
4 Lanes: **ADULT**
No Children

6:30-7:30 AM
3 Lanes: **ADULT**

7:30-8:30 AM
4 Lanes: **ADULT**
No Children

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
2 Lanes: **ADULT**

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

THU

MORNING
5:30-7 AM
3 Lanes: **ADULT**

7-8:30 AM
4 Lanes: **ADULT**
No Children

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

3-4:30 PM
1 Lane: **YOUTH & TEEN**

6:30-7 PM
4 Lanes: **ADULT**
No Children

7-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-8:30 PM
2 Lanes: **ADULT**
No Children

8:30-10:30 PM
3 Lanes: **ADULT**
No Children

FRI

MORNING
5:30-8:30 AM
4 Lanes: **ADULT**
No Children

8:30-9:30 AM
2 Lanes: **ADULT**
No Children

9:30-11:30 AM
2 Lanes: **ADULT**

11:30 AM-12:10 PM
4 Lanes: **ADULT**
No Children

AFTERNOON & EVENING

12:10-3:45 PM
2 Lanes: **ADULT**

6:30-7:30 PM
3 Lanes: **ADULT**
No Children

7:30-9 PM
4 Lanes: **ADULT**
No Children

SAT

MORNING
7:30-8 AM
2 Lanes: **ADULT**

8-10 AM
4 Lanes: **ADULT**
No Children

10 AM-1 PM
2 Lanes: **ADULT**

AFTERNOON & EVENING

1-3 PM
FAMILY SWIM*
No Lap Swim

3-6 PM
2 Lanes: **ADULT & TEEN**

6-8 PM
3 Lanes: **ADULT & TEEN**

60+ MEMBERS may use the pool Monday-Friday, 12-1 pm.

STATIONARY EXERCISE is permitted during Adult Lap Swim at the lifeguard's discretion.

ADULT LAP SWIM configuration may be modified at the lifeguard's discretion.

* **Family Swim:** Adult members may bring children 6 years old and under free of charge; children over 7 years require a membership or guest pass.

Shaded areas indicate best times for lap swim.

Swim caps required.

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POOL SCHEDULE

Oct 1-Jan 27

92Y MAY CENTER
HEALTH · FITNESS · SPORTS · AQUATICS

AQUATICS CLASSES

SUN	MON	TUE	WED	THU	FRI	SAT
MORNING 9-9:45 AM AQUACISE Roseann Brown	MORNING 8:30-9:15 AM AQUA PUMP Valerie Downing	MORNING 8:30-9:25 AM AQUACISE Twain Revell	MORNING 6:30-7:30 AM DEEP-WATER RUNNING* R.J. Valentin 8:30-9:15 AM INTERVAL AQUA Brad Cole	MORNING 8:30-9:25 AM AQUACISE Twain Revell	MORNING 8:30-9:15 AM AQUA PUMP Chrissy Nance	AFTERNOON & EVENING 6-7 PM DEEP-WATER SWIMMING*
AFTERNOON & EVENING 6-7 PM BEGINNER SWIM GROUP* Manny Tubens	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Xavier Marzan 7:30-8:15 PM AQUA ZUMBA* Daniela Grosso	AFTERNOON & EVENING 12:10-12:50 PM AQUA ZUMBA* Daniela Grosso 7:30-8:30 PM DEEP-WATER RUNNING* R.J. Valentin	AFTERNOON & EVENING 12:10-12:50 PM AQUA FUSION Roseann Brown 7:30-8:30 PM BEGINNER SWIM GROUP* 7:30-8:30 PM PERFECT STROKES*	AFTERNOON & EVENING 12:10-12:50 PM AQUACISE Chrissy Nance 7:30-8:30 PM BEGINNER SWIM GROUP* Geo Nelson 7:30-8:30 PM DEEP-WATER SWIMMING*	AFTERNOON & EVENING 12:10-12:50 PM AQUACISE Roseann Brown 6:30-7:30 PM DEEP-WATER RUNNING* R.J. Valentin	

AQUACISE

All levels. Swimmers and non-swimmers benefit from this non-weight-bearing exercise class that improves flexibility, coordination, strength and endurance.

AQUA FUSION

Interval-style water workout combining cardio strength and core exercises.

AQUA PUMP

Get a total body, weight resistance workout using aqua lightweight foam bells and the resistance of the water to help strengthen muscles and bones.

AQUA ZUMBA®

Join the Zumba® pool party and discover a challenging water-based workout that includes cardio conditioning and body toning, combined with signature Latin dance moves.

INTERVAL AQUA

Vigorous aqua class combining cardio moves and resistance exercises.

DEEP-WATER RUNNING*

No swimming skills are necessary in this class that simulates land running without the impact. Using running-like arm and leg movements, the water provides another layer of challenge to the workout.

DEEP-WATER SWIMMING*

Ideal for swimmers who wish to improve their basic stroke techniques.

BEGINNER SWIM GROUP*

An introduction to the basics of swimming such as breath control, floating and treading water. Gain the confidence needed to participate in a structured group or private lesson.

PERFECT STROKES*

Improve your freestyle, backstroke, breaststroke and butterfly.

BEST TIMES FOR STATIONARY EXERCISE

SUN	MON	TUE	WED	THU	FRI	SAT
MORNING 7:30-9 AM 9:45 AM-1 PM	MORNING 11:30 AM-12:10 PM	MORNING 11:30 AM-12:10 PM	MORNING 6:30-7:30 AM 11:30-12:10 AM	MORNING 11:30 AM-12:10 PM	MORNING 11:30 AM-12:10 PM	
	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 7:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 8:30-10:30 PM	AFTERNOON & EVENING 6:30-7:30 PM	AFTERNOON & EVENING 6-8 PM

*Advanced Box Office Registration with Additional Class Fee Required

92Y.org/activityschedule

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SPORTS

Oct 1-Jan 27

92Y MAY CENTER
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SUN

MORNING

8-9 AM
ADULT MEMBER OPEN GYM
Lane Gym

9-11 AM
ADULT RECREATIONAL
BASKETBALL Lane Gym

AFTERNOON & EVENING

6-8 PM
OPEN GYM
Mack Gym

MON

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN
OPEN GYM Lane Gym

5:30-7 PM
ADULT RECREATIONAL
BASKETBALL
Lane Gym

7-10:30 PM
INTRAMURAL BASKETBALL*
LEAGUE Lane Gym

9-10:30 PM
ADULT MEMBER OPEN GYM
Mack Gym

TUE

MORNING

6-9 AM
ADULT MEMBER OPEN GYM
Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN
OPEN GYM Lane Gym

5:30-7 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

7-10:30 PM
INTRAMURAL BASKETBALL*
LEAGUE Lane Gym

WED

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN
OPEN GYM Lane Gym

5:30-7 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

7-10:30 PM
INTRAMURAL BASKETBALL*
LEAGUE Lane Gym

THU

MORNING

6-9 AM
ADULT MEMBER OPEN GYM
Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN
OPEN GYM Lane Gym

5:30-7 PM
ADULT RECREATIONAL
BASKETBALL
Lane Gym

7-10:30 PM
INTRAMURAL BASKETBALL*
LEAGUE Lane Gym

8:30-10:30 PM
COMPETITIVE VOLLEYBALL
Mack Gym

FRI

MORNING

11:45 AM-1:15 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

AFTERNOON & EVENING

4:30-5:30 PM
ELEMENTARY & TEEN
OPEN GYM Lane Gym

5:30-9 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

SAT

MORNING

8-9 AM
ADULT MEMBER OPEN GYM
Lane Gym

AFTERNOON & EVENING

12:15-2:45 PM
ADULT RECREATIONAL
BASKETBALL Lane Gym

2:45-4 PM
TEEN & FAMILY BASKETBALL**
Lane Gym

5:30-8 PM
OPEN GYM
Mack Gym

HOURS OF OPERATION

MON-THU
5:30 AM-10:30 PM
FRI
5:30 AM-9 PM
SAT-SUN
7:30 AM-8 PM

BOXING ROOM RESERVATIONS

Please note, the boxing room is reserved for programs during these times:***

Monday: 9:15-10:15 am, 4-8:30 pm

Tuesday: 7-8 am, 4-8 pm

Wednesday: 9:15-10:15 am, 6-8 pm

Thursday: 7-8 am, 4-8:10 pm

Friday: 4-5 pm

Saturday: 10-11 am, 1-2 pm

* The Fall Men's League Season began Tue, Sep 26.

The Lane Gym is open for rec play when leagues are not in session.

** Family basketball: Adult May Center members may bring children 6 years old and under free of charge; children over 7 years require a membership or guest pass.

*** Call 212.415.5722 with inquiries about daily boxing room and track schedule updates.

TRACK RESERVATIONS

Please note, the track is reserved for programs during these times:***

Monday: 4:30-5:30 pm

Tuesday: 7-8 am, 4-8 pm

Wednesday: 7-8 pm

Thursday: 7-8 am, 4-7:15 pm

Friday: 4-5 pm

Saturday: 1-2 pm

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