



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRY NEW THINGS!

2024 Land Exercise Classes

GARDEN CITY FAMILY YMCA

ALL classes below are FREE for YMCA members!

Time	Monday	RM	Instructor
5:30-6:30 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Toning/Exercise Balls	AS	Dana
5:30-6:30 PM	Zumba	AS	Yecenia

Time	Tuesday	RM	Instructor
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela

Time	Wednesday	RM	Instructor
5:30-6:30 AM	Yoga4Life	AS	Troy
8:30-9:15 AM	Body Sculpting	AS	Dana
5:30-6:30 PM	Zumba	AS	Yecenia

Time	Thursday	RM	Instructor
5:30-6:30 AM	Sunrise Spin	SS	Troy
8:30-9:15 AM	Body Flex	AS	Dana
5:30-6:30 PM	Just Spin	SS	Rafaela
5:30-6:30 PM	Zumba	AS	Yecenia

Time	Saturday	RM	Instructor
5:30-6:30 AM	Sunny Side Spin	SS	Sondra

YMCA 360 ON DEMAND

Take an exercise class ANYTIME you want!!

YMCA 360, an exclusive collection of on demand and livestream classes. We have TWO 55 TV's ready for YOU! Pick a class that suits your lifestyle. FREE for all current YMCA members. Go to ymca.org or download the APP and make sur to use the email you used to register at the YMCA to. Ask MSA for a key to Aerobics Studio and remote.

QUESTIONS:

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Key - AS: Aerobis Studio **SS:** Spin Studio