



Flatbush YMCA
January 22nd - January 28th

1401 Flatbush Ave
Brooklyn, NY 11210
718-469-8100

	TUE 22	WED 23	THU 24	FRI 25	SAT 26	SUN 27	MON 28
8am	Body Blast Studio A Johnny Lee Cooper, Jr. 8am - 8:50am	AOA Strength Training Studio A Johnny Lee Cooper, Jr. 8am - 8:50am					Silver Sneakers Cardio Studio A Steevi Luciano 8am - 8:50am
9am	Silver Sneakers Cardio Studio A Johnny Lee Cooper, Jr. 9am - 9:50am	Train like an Athlete Studio A Ernesto Vizcarrondo 9am - 9:50am	Kettlebells Multipurpose Room Ernesto Vizcarrondo 9am - 9:50am	Silver Sneakers Cardio Studio A Steevi Luciano 9am - 9:50am	Ultimate Abs Studio A Steevi Luciano 9:15am - 10:05am	Wake Up Abs Studio A Umax Scotland 9am - 9:50am	Silver Sneakers Cardio Studio A Steevi Luciano 9am - 9:50am
			Silver Sneakers Circuit Studio A Johnny Lee Cooper, Jr. 9am - 9:50am		Spin® Studio B (Spin) Erica Nahkid 9:30am - 10:15am		
10am	Silver Sneakers Circuit Studio A Johnny Lee Cooper, Jr. 10am - 10:50am	Total Body Conditioning Multipurpose Room Johnny Lee Cooper, Jr. 10am - 10:50am	Silver Sneakers Yoga Studio A Johnny Lee Cooper, Jr. 10am - 10:50am	Silver Sneakers Circuit Studio A Steevi Luciano 10am - 10:50am	Family Zumba Studio A Yasmin Azor 10:15am - 11:05am	Spin® Studio A Kerwin Simon 10am - 10:50am	Silver Sneakers Circuit Studio A Steevi Luciano 10am - 10am
	Bootcamp Multipurpose Room Ernesto Vizcarrondo 10am - 10:50am	Silver Sneakers Cardio Studio A Steevi Luciano 10am - 10:50am			Spin® Studio B (Spin) Tony Walker 10:30am - 11:15am		Lower Body Blast Multipurpose Room Ernesto Vizcarrondo 10am - 10:50am
11am		Silver Sneakers Circuit Studio A Steevi Luciano 11am - 11:50am		Silver Sneakers Yoga Studio A Steevi Luciano 11am - 11:50am	Dance Party Studio A Steevi Luciano 11:15am - 12:05pm	Yoga Studio A Fleuretta Waltrous 11am - 12:30pm	Dance Party Studio A Steevi Luciano 11am - 11:50am
12pm					Cardio Kickboxing Studio A Umax Scotland 12:15pm - 1:05pm	Boot Camp Studio A Erica Nahkid 12:40pm - 2:10pm	
6pm	Ultimate Core Studio A Umax Scotland 6:30pm - 7:20pm	H.I.I.T. (High Intensity Interval Training) Studio A Princess Bey 6:30pm - 7pm					Tabata Studio A Umax Scotland 6:30pm - 7:20pm
7pm	Ultimate Boot Camp Studio A Umax Scotland 7:30pm - 8:20pm	Pilates Mat Studio A Fleuretta Waltrous 7:10pm - 8pm	Spin® Studio B (Spin) Kerwin Simon 7pm - 7:50pm	Zumba® Studio A Yasmin Azor 7:30pm - 8:20pm			Core Training Studio A Umax Scotland 7:30pm - 8:20pm
		Spin® Studio B (Spin) Erica Nahkid 7:30pm - 8:15pm	Body Blast Studio A Erica Nahkid 7pm - 7:50pm				
			Yoga Multipurpose Room Fleuretta Waltrous 7:30pm - 9pm				

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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8pm	Zumba® Studio A Yasmin Azor 8:30pm - 9:20pm						Spin® Studio B (Spin) Erica Nahkid 8:30pm - 9:15pm

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