<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>SENIOR CONDITIONING 9:15-10:15am Chris (GYM)</td>
<td>SILVER SNEAKERS 9:15-10:15am Catherine (GYM)</td>
<td>SENIOR CONDITIONING 9:15-10:15am Catherine (GYM)</td>
<td>SILVER SNEAKERS 9:15-10:15am Catherine (GYM)</td>
<td>YIN-YOGA 9:30-10:30am Lee (Studio)</td>
<td>ZUMBA TONING 9:30-10:30am Dena (AUD)</td>
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<tr>
<td>AQUA FIT &amp; DANCE 10:30-11:15am Tony (POOL)</td>
<td>WATER WORKS 10:45-11:30am Borin (POOL)</td>
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<td>KIDS YOGA 9-9:45AM (ages 8-12) 10-10:45AM (ages 4-7) Crystal (Studio)</td>
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<td>ZUMBA GOLD 11:30-12:30pm Tony (Studio)</td>
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<td>VINYASA YOGA 11:00am-12:00pm Joanne (Studio)</td>
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<tr>
<td>STRONG BY 30 6:00-6:30pm Catherine (Studio)</td>
<td>CORE CRUSHER 6:00-6:45pm Catherine (Studio)</td>
<td>STRONG BY 30 6:00-6:30pm Joelis (Studio)</td>
<td>HIIT PILATES 6:00-6:40pm Lee (Studio)</td>
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<td>TABATA 6:00-7:00pm Armando (Studio)</td>
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<tr>
<td>BOOT CAMP 6:35-7:30pm Chris (Studio)</td>
<td>TABATA 6:50-7:35pm Armando (Studio)</td>
<td>STRENGTH CONDITION 6:35-7:30pm Chris (Studio)</td>
<td>YIN-YOGA 6:45-7:30pm Lee (Studio)</td>
<td></td>
<td>SPIN LITE 9:00am-9:45am Tony (Studio)</td>
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<tr>
<td>ZUMBA 7:35-8:35pm Danilo (AUD)</td>
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<td>YOGA FLOW 7:00-7:45pm Crystal (Studio)</td>
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<tr>
<td>HIIT YOGA- LATES 7:45-8:30pm Lee (Studio)</td>
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<td></td>
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<td>YOGA FLOW 10:00-11:00am Denise (Studio)</td>
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<tr>
<td>ZUMBA 7:35-8:35pm Jose (AUD)</td>
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<td>MEDITATION 11:00-11:30am Denise (Studio)</td>
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For questions — Please contact Fitness Director, Ari Ruiz Email: Ari@bronxhouse.org Phone: 718-792-1800, ext 244
**Class Descriptions**

**MIND/BODY CORNER:**

**Yoga-lates** – Our Yogalates class equally combines Classic Yoga & Pilates. We focus on breath, balance, flexibility & body strengthening. All are welcome with modifications available.

**Yoga Flow** - This gentle sequenced pattern of poses and flow of movement help to increase strength, flexibility, endurance, circulation and respiratory function while also unifying the connection of mind and body.

**Meditation** – This 30min class is dedicated to the practice of meditation and its benefits. You will learn to quiet the mind by going within to obtain stillness and silence.

**Vinyasa Yoga** – Vinyasa classes use the linking together of movement and breath to create a ‘vinyasa flow.’ Open to all levels.

**KIDS YOGA** – Children ages 4-7 and 8-12 can also experience the benefits of yoga practice. Register for these 10 week seasonal classes.

**YIN-YOGA** - a slow paced Meditative practice. This helps us still our minds, stretch our bodies and open the deeper connective tissues. This Yin practice is done on our mats in seated and lie down positions with the assist of yoga blocks if needed to soft music.

**ZUMBA CORNER:**

**Zumba (Basic)** – Zumba combines high energy, and captivating music with Latin inspired moves that will leave you asking for more! Think you’re not a dancer? No Problem! Zumba is a “feel good” workout geared toward all levels and the most fun you will have while getting in shape!

**Zumba Gold** – Designed for the active older adult, the true beginner or people who are not used to exercising. The same great Latin music and dance moves are used get the heart rate up. Burn calories while having fun!

**Zumba Toning** – Zumba is one way to incorporate exercise while having fun together. Here’s a great opportunity to improve your health with easy-to-follow dance routines. Add in 1 or 2 pound weights and you got yourself a muscle toning and cardiovascular combination work.

**CARDIO & CONDITIONING CORNER:**

**Theme Spin** - Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to a themed playlists (i.e. - Soca, 80s, Latin, Rock, artist v. artist, etc.) created to motivate and inspire! This is a great workout if you want to burn calories, increase endurance and improve cardiovascular health. This class is for beginners as well as seasoned cyclists!

**Aqua Fit & Dance** – LOW IMPACT: Bringing the party to the pool! Aerobic water exercises set to the beat of music. Water cap and water shoes are recommended to wear.

**Water Works** – LOW IMPACT: This water fitness class is focused on providing aerobic endurance and strength training. Participants work in the shallow end of the pool with the use of resistance equipment to improve range of motion, stamina, muscle tone, cardiovascular health, balance and overall flexibility. Knowing how to swim is not required.

**HIIT Yoga-lates** – mixes High Intensity Interval Training (HIIT) with Pilates. HIIT involves performing short bursts of exercises which work the entire body and get the heart rate up. These classes improve your flexibility & energy while toning your core, glutes, arms & more.

**SPIN LITE** – Intimidated by the intensity of a regular spin class? This alternative is perfect for you! The features of a regular cycle class but with less stress and tensions, limited sprints, stands and jumps!

**Tabata** – HIGH INTENSITY INTERVAL TRAINING – Builds endurance and strength through bursts of intense exercise followed by short rest. Great way to improve cardiovascular fitness and increase lean muscle mass.

**STRENGTH & CONDITIONING CORNER:**

**Core Crusher!** - 45 minutes of concentrated core development that will leave your abs feeling rock solid.

**Senior Conditioning** – A low intensity total body workout that uses light weights and resistance bands to improve balance and coordination while preventing loss of muscle and increasing bone density.

**Silver Sneakers** - A strength and conditioning class incorporating gradual, self-paced exercises that can be performed from a seated or standing position for balance and movement. Balls, bands, and weights are used to enhance skills utilized for daily living activities.

**TRX Interval** – HIGH INTENSITY: Circuit training workout to improve stamina and strength. Includes Cardio, Sculpting, TRX, and Tabata style training components.

**Boot Camp** – This interval total body workout combines cardio and strength training. With the use of dumbbells and body cardio movements your body is sculpted and conditioned to a fitness level you always wanted to achieve.

**Strong by 30** – HIGH INTENSITY INTERVAL TRAINING – Nothing like any class you have ever attended before, expect to jump, squat, lunge and hit the floor to the beat of the music! A great workout for calorie shredding and muscle conditioning!

**Strength Condition** – A moderate to high intensity class that helps increase your stamina and strength with a total body workout! Condition your body through a muscle strengthening, abdominal tightening, body toning, and calorie burning workout!