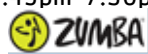


YMCA AT GLEN COVE FALL 1: 2026 FITNESS CLASS SCHEDULE

Session Dates September 13, 2026 – November 21, 2026

SUN	MON	TUES	WED	THURS	FRI	SAT
	6:30am-7:00am Upper-Body Express <i>W/Raphael</i>	6:30AM-7:15AM STUDIO CYCLE EXPRESS <i>w/Karen</i> [cycle studio]	6:30am-7:00am Lower-Body Express <i>W/Raphael</i>	6:30AM-7:15AM STUDIO CYCLE EXPRESS <i>w/Karen</i> [cycle studio]	6:30am-7:00am Core-Express <i>W/Raphael</i>	
8:00am-9:00am GENTLE YOGA <i>w/ Laura</i>	8:00am-8:45am PURE STRENGTH <i>w/Jean Anne</i>	7:00am-7:45am PILATES <i>w/Jean Anne</i>	7:30am-8:15am INTERVAL TRAINING <i>w/Jean Anne</i>	*7:30am- 8:30am LES MILLS BODYPUMP HEAVY <i>w/Diane</i> **Starting 10/1**	*7:45am-8:45am LES MILLS BODYPUMP <i>w/Jean Anne</i>	*8:00am-8:45am STUDIO CYCLE EXPRESS <i>w/Tom</i>
9:15am-10:00am INTERVAL TRAINING <i>w/Richie</i>	9:00am-10:00am TRADITIONAL YOGA <i>w/Amanda</i>	*8:00am-9:00am LES MILLS BODYPUMP <i>w/Jean Anne</i>	8:30am-9:30am GENTLE YOGA <i>w/Laura</i>	8:45am- 9:45am PILATES <i>w/Julie</i>	9:00am-9:45am  ZUMBA <i>w/Angel</i>	*8:00am-9:00am LES MILLS BODYPUMP <i>w/Diane</i>
*10:15am-11:00am STUDIO CYCLE EXPRESS <i>w/Richie</i>	10:15am-11:00am CARDIO DANCE <i>w/Sheila</i>	9:15am-10:00am CARDIO LINE DANCING <i>w/Lourdes</i>	9:45am-10:30am CARDIO DANCE <i>w/Kate or Lourdes</i>	*10:00am-10:45am STRONG SENIORS <i>w/Julie</i>	10:00am-11:00am YOGA FLOW <i>w/Julie</i>	*9:00am-9:45am STUDIO CYCLE EXPRESS <i>W /Tom</i>
*10:15am-11:15am LES MILLS BODYPUMP <i>w/JA/Diane/ Michaela/Jessica</i>	*11:15-12:15pm CHAIR YOGA <i>w/Standing w/Julie</i>	*10:15am-11:00am STRONG SENIORS <i>w/Julie</i>	10:45am-11:45am PILATES <i>w/Julie</i>	11:00am-11:45am Cardio Salsa <i>w/Daniel or Lourdes</i>	*11:15am-12:00pm STRONG SENIORS <i>w/Luz</i>	9:15am-10:00am H.I.I.T. <i>w/Richie</i>
11:30am-12:30pm TAI CHI <i>W/John B.</i> [weekly]	*12:30-1:15pm STRONG SENIORS <i>w/Michaela</i>	11:15am-12:15pm SOUND HEALING <i>w/ Sol Vibration</i>	*12:00pm-1:00pm CHAIR YOGA <i>w/Standing w/Julie</i>	12:00pm-1:00pm POWER YOGA <i>w/Leyla</i>	12:15pm-1:15pm IMPROV FOR BRAIN HEALTH <i>w/Laurie Ann</i> **STARTING 9/25**	10:15am-11:15am POWER YOGA <i>w/Leyla</i>
12:45pm-1:45pm TODDLER YOGA <i>w/Laurie Ann</i> **STARTING 9/27**		12:30pm-1:30pm POWER YOGA <i>w/Leyla</i>	*1:05pm-1:55pm STRONGER SENIORS <i>w/Michaela</i>			
	4:15pm-5:15pm GENTLE YOGA <i>w/Laura</i>	4:30pm-5:30pm TRADITIONAL YOGA <i>w/Amanda</i>		5:30pm-6:15pm STRENGTH & STRETCH <i>w/Luz</i>	4:30pm-5:15pm BOOTY-CAMP <i>W/Raphael</i>	
	*5:30pm-6:30pm LES MILLS BODYPUMP HEAVY <i>w/Diane</i> **Starting 10/12**	5:45pm-6:30pm  ZUMBA <i>w/ Angel</i>	*5:30pm-6:30pm LES MILLS BODYPUMP <i>w/Michaela</i>	*6:30pm-7:15pm  ZUMBA <i>w/Matthew</i>		
	*6:00pm-6:45pm STUDIO CYCLE EXPRESS <i>w/Tom</i>	5:30pm-6:15pm LATIN SPIN <i>W/ Luz</i>	6:45pm-7:30PM CARDIO BOXING <i>W/JESSICA</i> Starts 9/30/26			Download the NEW YMCA App: ymcali
	6:45pm-7:30pm  ZUMBA <i>w/Matthew</i>	6:45pm-7:30pm STEP AND STRENGTH <i>w/Richie</i>	*6:00pm-6:55pm STUDIO CYCLE <i>w/Tom</i>		*Shaded boxes require a reservation	for the most up to date schedules, notifications and to reserve



YMCA AT GLEN COVE FALL1: 2026 SMALL GROUP TRAINING CLASSES

SMALL GROUP TRAINING CLASSES start the week of 9/13/26

AQUA JOG:

8-weeks; 12 spots available; location: **Indoor Pool**

Low-impact class that focuses on walking, jogging, and cross-country skiing movements in deep water to improve cardiovascular fitness and muscle tone. Using the water's resistance, participants wear flotation belts to stay afloat, engaging in a full-body workout that strengthens muscles while protecting the joints

Instructor: JeanAnne Valance

Date: September 17 – November 5, 2026;

Thursdays 8:00a – 8:45a

AQUA TOTAL BODY:

8-weeks; 12 spots available; location: **Indoor Pool**

Full body strength workout using dumbbells with the resistance of the water.

Instructor: JeanAnne Valance

Date: September 17 – November 5, 2026;

Thursdays 9:00a – 9:45a

PICKLEBALL 101:

5 weeks; 12 spots available: **Gymnasium**

Program designed to teach the fundamentals of pickleball. Learn how to serve, volley, dink and the importance of staying out of the kitchen.

Instructor: Raphael Srabian

Dates: September 21 – October 19 2026;

Dates: October 26 – November 23, 2026;

Mondays 1:00pm–2:00pm

MOVING FOR BETTER BALANCE:

10 weeks; 15 spots available: **Fitness Studio**

A Tai Chi based Fall Prevention Program. If you are having trouble with balance, are concerned about falling, you are eligible to attend this 10-wk, 1x week, 60-minute class.

Instructor: John Briscoe

Date: September 16 – November 18, 2026;

Wednesdays 3:00pm–4:00pm

HOURS OF OPERATION

Monday–Friday: 6:00am–9:00pm

Saturday: 7:00am–6:00pm

Sunday: 7:00am–4:00pm

