

2023

HCNY Group Fitness Class Schedule

Complimentary for Fitness Members
\$20.00 - daily use of classes for Non-Fitness members

YOGA • 45 MINUTES

Whether you're a first time attendee or a seasoned yogi, this class will leave you feeling energized for the day. This class targets specific muscle groups and builds strength and balance both physically and mentally. Mats are provided.

CARDIO CONDITIONING • 45 MINUTES

This class aims to give you a full body workout through both cardiovascular and resistance exercises. It's adaptable to most fitness levels and a great way to torch calories quickly by performing a variety of lower body, upper body and core strengthening exercises.

PILATES FUSION • 45 MINUTES

A total body workout that builds long, lean muscles, improves posture, and reduces stress by combining strength and stability exercises. No equipment required. Suitable for most fitness levels.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA				12:00pm- 12:45pm		
CARDIO CONDITIONING	5:45pm- 6:30pm					12:00pm- 12:45pm
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A total body workout that builds long, lean muscles, improves posture, and reduces stress by combining strength and stability exercises. No equipment required. Suitable for most fitness levels.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOGA				12:00pm- 12:45pm		
CARDIO CONDITIONING	5:45pm- 6:30pm					12:00pm- 12:45pm
PILATES FUSION		12:30pm- 1:15pm				

Group fitness class schedule and instructors are subject to change.

To sign up for virtual classes please visit the calendar on hcnyc.com

2023

HCNY Group Fitness Class Schedule

Complimentary for Fitness Members
\$20.00 - daily use of classes for Non-Fitness members

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