

LIVE + OUTDOOR SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
7:00A - 7:45A TBC P Vanessa	7:00A - 7:45A SHRED P Vanessa	7:00A - 8:00A TOTAL BODY (Z) Stacy		7:00A - 7:45A HIIT P Jess		
8:00A - 8:45A ZUMBA P Yeye	8:15A - 9:00A LOW IMPACT TBC P Vanessa	8:15A - 9:00A ZUMBA P Yeye	8:00A - 8:45A ZUMBA P Stacy	8:30A - 9:15A *BARRE P Jess	8:00A - 9:00A ZUMBA (Z) Yeye 8:30A - 9:15A TOTAL BODY P Jamie	8:00A - 9:00A ZUMBA (Z) Angelica
9:30A - 10:30A POWER HIIT (Z) Stacy	9:30A - 10:15A CARDIO BOX P Stacy	9:30A - 10:30A FITBARRE (Z) Cecilia	9:30A - 10:15A HIIT P Cecilia	9:30A - 10:30A CARDIO BLAST (Z) Cecilia	9:30 - 10:15A FITBARRE P Cecilia	10:00A - 11:00A YOGA (Z) Judy
	10:30A - 11:30A BARRE (Z) Stacy	12:00P - 1:00P SCULPT (Z) Jess	10:00A - 11:00A SCULPT (Z) Jess	10:30A - 11:15A TOTAL BODY P Vanessa	10:30 - 11:30A SCULPT (Z) Jess	10:00A - 10:45A TOTAL BODY P Vanessa
	11:30A - 12:30P YOGA FLOW (Z) Denise	1:30P - 2:30P YOGA (Z) Judy	10:30A - 11:15A FITBARRE P Cecilia	11:00A - 12:00P ZUMBA (Z) Angelica	10:30 - 11:15A CARDIO HIIT P Cecilia	12:00P - 1:00P CORE SCULPT (Z) Jamie
5:30P - 6:30P UPPER CUTS + ABS (Z) Cecilia	5:30P - 6:30P SCULPT (Z) Jess	5:30P - 6:30P TKO (Z) Cecilia	5:00P - 5:45P SHRED P Robbie			
6:00P - 6:45P YOGA P Liz	5:30P - 6:15P HIIT P Cecilia	5:30P - 6:15P TOTAL BODY P Vanessa		5:30P - 6:15P SLOW BURN P Jamie		
6:15P - 7:00P BARRE P Stacy	6:30P - 7:15P CHISEL P Cecilia				6:30P - 7:30P GENTLE YOGA (Z) Liz	
7:00P - 8:00P BOOTY BLAST (Z) Cecilia		6:45P - 7:30P HIIT P Vanessa	6:45P - 7:15P CARDIO KICKBOX P Cecilia			
7:15P - 8:00P CARDIO DANCE P Stacy	7:30P - 8:15P ZUMBA P Angelica	7:00P - 8:00P CORE (Z) Cecilia	7:30P - 8:15P ZUMBA P Yeye			

(Z) ZOOM LIVE

P HF PARKING LOT

(H) MAMARONECK HARBOR

***HF LOT + HF HARBOR:** reservation required | max 10 participants

Bring your own mat, towel, water, mask, hand sanitizer; must maintain social distance from each other
Reserve class through iclub online | non-members \$20/class

ZOOM LIVE CLASSES: info sent to all members on virtual plan

Get social with @HealthyFitNY and #SHOWUSYOURHF

914.670.0600 • myhealthyfit.com

