

# 56th Street

## Class Schedule

### MONDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
7:00	CR	OLYMPIC CYCING**	:55	CEDRIC DUJON
10:15	3	BETTER BONES	:45	ERWIN GONZALEZ
12:15	6	PILATES MAT	:45	LISA WOLF
12:15	3	DIEZEL KICK	:45	JERMAINE BAILEY
1:00	6	RESTORATIVE YOGA	:55	ANTONIA TITO
1:00	3	DIEZEL SCULPT	:45	JERMAINE BAILEY
1:00	CR	CYCLE ZONE **	:45	ERWIN GONZALEZ
2:00	6	HATHA YOGA	:75	CONSUELA MORAKOVA
5:45	6	HATHA YOGA	:60	HERNAN AVILLES
5:45	3	PRO SCULPT	:45	VICTOR CABEZAS
6:00	CR	HRC CYCLE **	:45	MICHAEL BLATT
6:30	3	PRO STEP **	:45	VICTOR CABEZAS
6:45	6	BODY SCULPT	:45	MICHAEL BLATT
7:15	3	WASHBOARD ABS	:30	VICTOR CABEZAS

**\*\* Sign-up required prior to class**

# 56th Street

## Class Schedule

### TUESDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
7:00	CR	HRC CYCLE **	:45	RICH MCDONALD
11:30	3	CORE YOGA	:45	MIKE MCARDLE
12:15	6	STRENGTH TRAINING	:45	CONYN BLADE
12:15	3	PRO STEP	:45	VICTOR CABEZAS
12:15	CR	HRC CYCLE **	:45	MICHAEL BLATT
1:00	3	PRO SCULPT	:45	VICTOR CABEZAS
1:00	6	BOXING CIRCUIT **	:45	CONYN BLADE
5:45	3	TOTAL SCULPT	:45	SUSAN GRYZBOWSKI
5:45	6	GYROKINESIS®	:60	LINDA MINARIK
6:30	3	15 MINUTE ABS	:15	SUSAN GRYZBOWSKI
6:45	3	STRENGTH TRAINING	:45	SUSAN GRYZBOWSKI
7:00	CR	HRC CYCLE **	:45	LINDA STONE
7:00	P	AQUA FIT	:60	TARYN HITCHMAN
7:30	3	KARATE	:90	SOL REUVENI

**\*\* Sign-up required prior to class**

# 56th Street

## Class Schedule

WEDNESDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
7:00	CR	HRC CYCLE **	:45	CATHY MUNZER
10:15	3	SCULPT&ALIGNMENT	:45	SUSAN GRZYBOWSKI
12:10	3	BOOT CAMP SCULPT	:45	CONYN BLADE
12:15	CR	CYCLE ZONE **	:45	ERWIN GONZALEZ
12:30	6	PILATES MAT	:45	ERIKA MACLEOD
1:00	3	KINETIC SCULPT	:45	ERWIN GONZALEZ
1:15	6	HATHA YOGA	:75	CONSUELA MORAKOVA
5:45	3	MILITARY MUSCLE	:45	CONYN BLADE
6:30	1	DIEZEL BOXING	:45	JERMAINE BAILEY
6:30	6	VINYASA FLOW	:70	LAURA BRETT
6:45	CR	HRC CYCLE **	:45	KERRY AISSA
7:30	3	BALLROOM DANCE	:45	MARIANNE HETTINGER
8:15	3	TANGO	:45	MARIANNE HETTINGER

**\*\* Sign-up required prior to class**

# 56th Street

## Class Schedule

### THURSDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
7:00	CR	HRC CYCLE **	:45	JIM SHALLAL
11:00	3	TAI CHI	:55	JOE LARACUENTA
12:15	6	STRENGTH TRAINING	:45	CONYN BLADE
12:15	CR	HRC CYCLE **	:45	ANNE CATHERINE
12:15	3	PRO STEP	:45	VICTOR CABEZAS
1:00	3	PRO SCULPT	:45	VICTOR CABEZAS
1:00	6	BOXING CIRCUIT **	:45	CONYN BLADE
5:45	3	PILATES MAT	:45	JILL WEINSTEIN
6:30	6	STRETCH	:45	DON WILLIAMS
6:30	3	ZUMBA® (Dance)	:45	ANGI PURINTON
7:00	P	AQUACISE	:55	JUDY WYMAN

**\*\* Sign-up required prior to class**

# 56th Street

## Class Schedule

### FRIDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
7:00	CR	HRC CYCLE **	:45	RON NAHAAS
10:15	3	SCULPT & STRETCH	:45	ROLAND BROWN
12:15	CR	CYCLE ZONE **	:45	PHOENIX CARNEVALE
12:15	6	HATHA YOGA	:70	DEBRA BLUM
1:00	3	POWER SCULPT	:45	PHOENIX CARNEVALE
6:00	3	INTERVAL SCULPT	:45	KEVIN ZHOU
6:00	CR	HRC CYCLE **	:45	JOSH ADLER
6:30	6	VINYASA YOGA	:75	DEBRA BLUM
6:45	3	BIN ZHOU STRETCH	:45	KEVIN ZHOU

**\*\* Sign-up required prior to class**

# 56th Street

## Class Schedule

### SATURDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
9:45	3	CLUB CUTS (STEP)	:45	KENNY MCFADDEN
10:30	3	CLUB CUTS (SCULPT)	:60	KENNY MCFADDEN
11:00	CR	HRC CYCLE **	:45	ROSA PUERTO
11:30	3	CLUB CUTS (AEROBICS)	:60	KENNY MCFADDEN
11:30	P	AQUAFIT	:60	TARYN HITCHMAN

### SUNDAY

<b>TIME</b>	<b>RM</b>	<b>CLASS</b>	<b>DUR.</b>	<b>INSTRUCTOR</b>
11:00	CR	HRC CYCLE **	:45	RICH BUYER
11:30	P	AQUACISE	:60	JENNI PATTERSON
11:45	3	BODY SCULPT	:60	DON WILLIAMS
4:00	3	TOTAL SCULPT	:45	DUANT COOLEY

**\*\* Sign-up required prior to class**