

the gym

11 east 26th street, 4th floor
 new york, ny 10010
 212.889.3003, fax 212.889.3883

monday - friday: 5:30 am – 10:00 pm
 saturday & sunday: 8:00 am - 8:00 pm
www.thegym.com

december 2007 & january 2008

monday	tuesday	wednesday	thursday	friday	saturday	sunday
am express 8:00 - 8:30 am	am express 8:00 - 8:30 am	am express 7:00 - 7:30 am	am express 8:00 - 8:30 am	am express 8:00 - 8:30 am	weekend express 9:00 - 9:30 am	weekend express 9:00 - 9:30 am
express lunch 12:00 - 12:30 pm	express lunch 11:00 - 11:30 pm	gym yoga kim 7:30 - 8:30 am	express lunch 11:00 - 11:30	express lunch 12:00 - 12:30	gym yoga glennie 9:30 - 10:30 am	gym cycle brendan 10:00 - 11:00 am
gym yoga lisa 12:30 - 1:30 pm	gym yoga lisa 11:30 - 12:30 pm	express lunch 11:30 - 12:00	gym yoga lisa 12:00 - 1:00	gym cycle wylliam 12:30-1:30	gym cycle wylliam 10:00 - 11:00	express lunch 12:00 - 12:30
gym cycle jay 12:30 - 1:30 pm	gym integrity bryan 12:30 - 1:30 pm	yamuna body rolling 12:00 - 1:00 deborah	gym cycle brent 12:30 - 1:30	5:15 express 5:15 - 5:45 pm	gym boxing brandon 11:00 - 12:00	Gym total impact adyana 1:00 - 2:00
tae kwon do kwon club 1:30 - 2:30 pm	5:15 express 5:15 - 5:45 pm	gym cycle alex 12:30 - 1:30	5:15 express 5:15 - 5:45 pm	abs & core 7:00 - 7:15 pm	express lunch 12:15 - 12:45	strictly abs 5:00 - 5:15
5:15 express 5:15 - 5:45 pm	gym cycle jay 6:00 - 7:00 pm	5:15 express 5:15 - 5:45 pm	gym cycle wylliam 6:00 - 7:00 pm		gym yoga kim 2:00 - 3:00	
gym cycle alex 6:00 - 7:00 pm	gym pilates emily 6:00 - 7:00 pm	gym pilates emily 6:00 - 7:00 pm	tae kwon do kwon club 6:30 - 7:30 pm		core builder 3:00 - 3:15	
gym integrity bryan 6:30 - 7:30 pm	gym boxing joe 7:00 - 8:00 pm	gym cycle ray 6:00 - 7:00 pm	gym yoga deborah 7:30 - 8:30 pm			
gym pilates gretchen 7:30 - 8:30 pm	tae kwon do kwon club 8:00 - 9:00 pm	gym recess bryan 7:00 - 8:00 pm				

sign up for our monthly newsletter and view the most recent special event calendar at www.thegym.com

gym integrity

This class uses the basic principles of lactic acid training methods but is now improved to give you a more comprehensive work out. Do exercises as they were meant to be done or better, without cutting corners. This class will burn fat, get you in great shape and help you achieve the body you have dreamed of.

Yamuna Body Rolling

Its a workout, a massage, and a chiropractic session all in one! You'll go far beyond random movement and stretch, allowing you to work specific muscles in detail, to create suppleness in tight areas and optimize range of motion. Yamuna Body Rolling works the way a hands-on practitioner works -only using a ball. The ball replaces hands as it moves on muscles to stretch them, dislodge tension and discomfort, increase blood flow, and promote healing. The YBR routines follow specific sequences that match the body's own logic and order. Yamuna Body Rolling™ re-educates muscles and stimulates bone, creating positive, permanent changes in the body. Whether you're young or old, a fitness buff or a couch potato, rolling with a YBR Ball can help you feel better, more vibrant, more alive!

gym yoga

Challenge, rejuvenate and relax your body with our unique gym yoga classes. Increase strength and flexibility, improve posture and enhance body awareness all while decreasing stress. Classes are designed to give balance to your workout routine. Each of our highly trained and certified instructors teaches a different style of Yoga.

gym express

Is your time valuable? Can you not spend an hour in the gym? Are you in a rush and don't have time for a long description? If you answered 'yes', then the gym express is right for you! Start off your day with an invigorating **AM express** workout, break up your day with the midday **express lunch**, or catch the **5:15 express** and blow off some steam on your way home. These 30-minute freestyle classes are ever-changing, using various forms of fitness training. While you never know what to expect from the class you can count on a solid 30-minute workout.

gym boxing

Do you want a powerful upper body workout? Well, we have just the one! Not only does the boxing class build strength and endurance in the chest, back, shoulders, and arms, but it is also a great way to incorporate the necessary cardiovascular aspect of a workout. Come ready to punch, duck, and sidestep your way to a great body!

gym recess

It's time to have fun and gym recess will allow you to play while getting a great work out. Reminiscent of the good old school yard games, get a great workout using medicine ball squats, torso, stability ball lunges, and hand weights for overall physical conditioning! Basic principles from lactic acid training methodology are incorporated. This is another great way to get in great shape while toning your body.

gym cycling

You'll be surprised how far our LeMond stationary bikes can take you. From the Pyrenees to the Rockies, our instructors will recreate the most famous cycling routes in the world. Along the way, you will gain strength and increase your conditioning with time tested and proven training methodology. Using techniques such as interval, endurance and speed training, you will achieve a new level in your cycling skills and overall fitness. This class is for all fitness levels and will prepare you for that outside ride you have been dreaming of!

abs & core, core builder, strictly abs

These 15 minute classes are designed to help you gain strength in one of the most important areas of the body, your core! They are quick, easy (well, not easy...) and conveniently scattered all over the class schedule. Take one every day and you will notice the results right away. Having a strong core can make you stronger everywhere else. So do your body a favor and start crunching!

gym total impact

This weight training class is designed to work every muscle in your body in a balanced and progressive way. Start with an intense 10 minutes of abs, building your core strength to support you for the rest of the workout. Move on to squats and lunges working your glutes, quads and hamstrings. Then pump up every muscle in your upper body from biceps to shoulders to back. Total body is your ultimate toning workout.

gym pilates

Our signature mat classes, taught by our highly skilled instructors, will challenge you, increasing core strength and improving posture. You will walk away stretched, toned and ultimately stronger, ready to feel the results in all aspects of your life. You will perform better with less injuries whether you are an athlete or 'sit' for a living. These classes are for everyone from very beginners to the most advanced.