

Whitehall Street 39 Whitehall Street • 212-269-9800

hours: m-f, 5:30a-10p • sa, 9a-6p • su, 8a-6p

M	T	W	Th	F	S	Su
7:00 HRC Cycle* :45	7:00 Vinyasa Yoga :60	7:00 Zumba®(dance) :45	7:00 HRC Cycle* :45	7:00 Triathlon Ride* :60	9:15 Aquacise :60	
12:00 15 Minute Abs :15	12:15 Total Sculpt :45	12:15 Step Challenge :45	7:00 Cardio Sculpt :45	12:00 15 min. Abs :15		
12:15 HRC Cycle* :45	12:15 Racing™(cycling) :45	12:15 HRC Cycle* :45	7:45 Athletic Abs :15	12:15 Total Sculpt* :45		
12:15 Total Sculpt* :45	1:05 Pilates Mat :50	1:00 Power Sculpt :45	12:15 Power Sculpt* :45	12:15 HRC Cycle* :45		
1:05 Urban Rebounding™ :45	1:05 Boot Camp* :45	1:15 IYOGA™ (Earth Flow) :50	12:15 HRC Cycle* :45	1:00 Urban Rebounding™ :45		
1:10 Arms/Abs/Assets :45	5:00 Body Fusion :45	5:30 Pilates Mat :60	1:05 Cardio Kick* :45	1:15 Hatha Yoga :50		
5:30 BareFIT (Sculpt) :45	5:45 Zumba®(dance) :45	5:45 Boot Camp :45	1:10 Pilates Mat :55	5:30 Boot Camp :45		
5:45 HRC Cycle* :45	6:15 HRC Cycle* :55	6:30 Knockout Bride :45	5:30 Masala Bhangra® :45			
6:20 Jump & Pump (Jumprope) :45	6:30 Knockout Sculpt :45	6:30 Power Sculpt :45	6:15 Body Sculpt :45			
6:35 Core Yoga :60	7:15 Athletic Abs :30		6:15 HRC Cycle* :45			
	7:15 Slow Flow Vinyasa :70					

13th Street 24 E. 13th Street • 212-924-4600

hours: m-f, 6a-11p • sa-su, 8a-9p

M	T	W	Th	F	S	Su
7:00 HRC Cycle :45	7:00 Arms/Abs/Assets :45	7:00 HRC Cycle* :45	7:00 Body Sculpt :45	8:00 Pilates Mat :45	9:15 Below the Belt :30	9:00 Body Sculpt :45
9:15 Turbo Kick® :45	9:30 Cardio Sculpt :45	8:00 Body Fusion :55	9:30 Cardio Stretch :45	9:15 Zumba®(Basics) :45	9:45 Cardio Jazz :45	10:05 Hi/Low :45
10:00 Sculpt & Alignment :45	10:15 Sculpt & Alignment :45	9:15 Zumba®(dance) :45	10:15 Power Sculpt :45	10:00 Sculpt & Alignment :45	10:30 Total Sculpt :45	11:00 Arms/Abs/Assets :45
11:30 Tai Chi :45	12:30 Aquacise :45	10:00 Sculpt & Alignment :45	11:00 Pilates Mat :60	10:45 STRETCH :30	11:25 HRC Cycle* :45	12:00 Pilates Mat* :60
12:15 Body Sculpt :45	1:00 Restorative Yoga :75	11:30 Tai Chi :45	12:30 Aquacise :45	11:30 Tai Chi :45	12:15 KS™ (Towel Power) :45	4:30 Body Sculpt :45
4:00 Retro Aerobics :45	4:45 Body Sculpt :45	12:15 Body Sculpt :45	5:30 IYOGA™ (Earth Flow) :45	12:15 Body Sculpt :45	1:10 IYOGA™ (Fire Flow) :75	5:30 HRC Cycle* :45
4:45 Body Sculpt :45	5:45 Piloxing® :50	12:30 Aquacise :45	5:30 Hi/Low :45	5:15 Power Sculpt :45	2:45 Karate/Kickboxing :75	6:15 Hatha Yoga :60
5:00 Yoga Stretch :70	6:00 Core Yoga :60	4:45 Pilates (level I) :45	6:15 IYOGA™ (Fire Flow) :55	6:00 Pilates Mat :45	5:45 Vinyasa Yoga :75	6:30 Hip Hop Dance :45
5:40 Zumba®(dance) :45	6:40 HRC Cycle* :45	5:30 Stretch :55	6:15 Body Sculpt :45	6:00 Washboard Abs :30		
6:30 Aqua Zumba® :45	7:15 Melt Strength :60	6:00 Ballet Sculpt :60	7:15 HRC Cycle* :45	6:30 HRC Cycle* :45		
6:30 HRC Cycle* :45	7:30 Washboard Abs :30	6:30 Diezel Kick :45	8:30 Karate :60			
7:30 Yoga/Meditation :90	8:30 Karate :90	6:30 Aquacise :45				
7:30 Merengue/Salsa :45		7:15 Ashtanga/Vinyasa :75				
8:15 Swing :45						

23rd Street 60 W. 23rd Street • 212-989-2300

hours: m-f, 5:30a-11p • sa-su, 8a-9p

M	T	W	Th	F	S	Su
7:00 HRC Cycle* :45	7:00 Cardio Sculpt :45	6:45 HRC Cycle* :45	7:00 Kinetic Sculpt™ :45	6:45 HRC Cycle* :55	9:00 Athletic Yoga :75	9:00 IYOGA™ (Earth Flow) :60
7:00 KS™ Sport! :45	7:00 Heated Vinyasa :75	7:00 Fluidity™ :60	9:30 Alignment Yoga :60	7:00 IYOGA™ (Earth Flow) :60	9:15 Diezel Kick :45	10:00 Meditation :30
7:45 Washboard Abs :15	7:45 15 min. Abs :15	7:30 Stretch & Abs :30	12:15 Zumba®(dance) :45	9:30 Pilates Mat :55	10:00 Diezel Sculpt :45	11:00 Washboard Abs :30
9:15 Sculpt & Alignment :45	9:30 Alignment Yoga :60	9:30 Pilates Mat :45	1:00 Total Sculpt :45	10:40 Aquacise :45	10:15 HRC Cycle* :45	11:30 HRC Cycle* :45
10:30 Aqua Boot Camp :55	12:15 Pilates Mat :45	10:40 Aquacise :45	1:05 Heated Vinyasa :70	12:15 Power Sculpt :45	10:45 Athletic Abs :15	12:00 FLUIDITY™* :70
12:10 Dance Strength :50	12:15 HRC Cycle* :45	12:15 HRC Cycle* :45	1:15 Zumba®(Basics) :45	12:15 Pilates Mat :55	11:30 Tai Chi :60	4:00 HRC Cycle* :45
1:00 Hard Core :30	1:05 Vinyasa Flow(yoga) :60	12:15 Kangoo Boot Camp* :45	5:45 Hatha Yoga :60	1:00 Cycle Zone :45	12:00 Pilates Mat :60	5:00 Vinyasa Flow :75
1:05 IYOGA™ (Earth Flow) :60	5:30 Fluidity™ :55	1:05 Hard Core :30	6:15 Cardio Sculpt :45	1:00 Hard Core :30	3:05 Warm Yoga :70	5:30 Cardio Kick :45
5:45 Body Sculpt :45	6:00 Core Yoga :60	1:05 Vinyasa Yoga :60	6:45 Pilates Sculpt :45	5:45 Arms/Abs/Assets :30	4:00 FLUIDITY™ :70	6:15 Athletic Abs :10
6:00 Racing (cycling)* :45	6:30 Club Cuts (aerobics) :45	5:45 Total Sculpt :45	7:00 HRC Cycle* :45	6:15 Just Dance :45	5:15 Cycle Zone* :45	
6:00 IYOGA™ (Fire Flow) :70	7:00 HRC Cycle :45	6:00 JAB (kick boxing) :45	7:00 FLUIDITY™ :55	6:30 HRC Cycle* :45	6:05 KS™ Core-Set :30	
6:30 Urban Rebounding™ :45	7:00 Power Vinyasa (yoga) :60	6:45 Urban Rebounding™ :45	7:30 Slow Flow Vinyasa :75	7:00 Yoga :75		
7:00 Racing (cycling)* :45	7:15 Washboard Abs :45	6:45 HRC Cycle* :45	8:00 Zumba®(dance) :45	7:00 FLUIDITY™ :60		
7:15 Pilates Mat :55	7:45 Arms/Abs/Assets :40	6:50 Athletic Abs :30	8:45 Night Club Salsa :45			
7:15 IYOGA™ (Fire Flow) :75	8:30 Kangoo* :45	7:35 Vinyasa Yoga :60				
8:10 Just Dance :45		7:35 Extreme Interval :55				

45th Street 132 E. 45th Street • 212-986-3100

hours: m-f, 5:30a-10p • sa-su, 9a-6p

M	T	W	Th	F	S	Su
6:45 Triathlon Ride :55	6:45 Cardio Sculpt :60	12:15 Diezel Sculpt :45	6:45 HRC Cycle :45	6:45 Cardio Sculpt :60	9:30 Step Challenge :45	11:15 Pilates Mat :45
12:15 Total Sculpt :45	12:15 Step It Up :45	1:00 Aquacise :45	7:30 Athletic Abs :15	12:15 Interval Sculpt :45	10:15 Power Sculpt :55	12:00 Vinyasa Yoga :60
1:05 Pilates Barre :45	1:00 Interval Sculpt :45	1:05 Diezel Boxing :45	12:15 Zumba®(Dance) :45	1:05 Fluidity™ :55	11:30 Pilates Mat :45	2:30 Aquacise :45
5:30 Body Sculpt :45	5:30 15 Minute Abs :15	5:30 Aquacise :45	1:05 Total Sculpt :45	5:45 Diezel Kick Impact :45	12:15 Zumba®(Dance) :45	4:00 Zumba®(Dance) :45
6:20 HRC Cycle* :45	5:45 Bootcamp Sculpt :45	5:30 Pro Step* :45	5:30 Pilates Mat :45	6:30 Diezel Sculpt & Abs :30	1:05 Fluidity™ :60	
7:10 Pilates Mat :50	6:30 Bin Zhou Stretch :15	6:15 Pro Sculpt :45	6:15 Vinyasa Yoga :55			
	7:00 Hatha Yoga :70	7:05 Fluidity™ :55	7:15 HRC Cycle* :45			

50th Street 20 E. 50th Street • 212-593-1500

hours: m-f, 6a-10p • sa, su 9a-6p

M	T	W	Th	F	S	Su
10:30 Better Bones :45	7:00 Body Sculpt :45	10:30 STRETCH :45	7:00 Pilates Barre :45	10:15 Myma™ Stretch :45	10:00 Total Sculpt :45	10:30 Power Sculpt* :50
11:15 Pilates Mat :50	11:00 Total Sculpt :45	12:00 Power Sculpt :60	11:00 Better Bones :50	11:00 Pro Sculpt :60	10:45 Stretch & Abs :15	11:30 Gentle Yoga :75
12:15 Sculpt & Alignment :45	12:15 IYOGA™ (Liquid Flow) :50	12:15 Pro Step :45	12:00 Total Sculpt :55	12:15 Pilates Mat :45	11:00 Hatha Yoga :70	
12:15 Kangoo* :45	12:15 Cardio Jazz :45	12:30 HRC Cycle* :45	12:00 Pilates Mat :45	12:15 Hi/Low :45		
12:30 HRC Cycle* :45	12:30 HRC Cycle* :45	1:00 Hi/Low :45	12:30 HRC Cycle* :45	12:30 HRC Cycle* :45		
1:00 Low Impact :45	1:00 Sculpt & Alignment :45	1:20 10 Minute Abs :10	12:45 15 min. Abs :15	1:00 Body Sculpt :45		
1:00 Pro Sculpt :45	2:00 Hatha Yoga :75	1:30 Sculpt Express :30	1:00 STRETCH :45	5:30 Total Sculpt :45		
5:30 Body Fusion :45	5:45 Diezel Kick :45	5:30 Hatha Yoga :70	1:00 Diezel Kick :45	6:15 Zumba®(dance) :45		
6:00 HRC Cycle* :45	5:45 Pilates Mat :45	5:30 Cardio Sculpt :45	5:00 Sculpt & Alignment :45	7:00 Vinyasa Yoga :60		
6:15 Body Sculpt :45	6:00 HRC Cycle* :45	6:00 HRC Cycle* :55	5:45 Zumba®(dance) :45			
6:15 JAB (kick boxing) :45	6:30 Pro Sculpt :45	6:15 Zumba®(dance) :45	6:30 Total Sculpt :45			
7:00 Hard Core :30	6:30 Aquacise :45	6:45 Pilates Circle w/o :45	6:30 PRO Step :45			
7:00 Vinyasa Yoga :75	7:15 Kangoo* :45	7:00 Ballroom Dance :45	7:15 Kangoo* :45			
		7:45 Tango :45				

- For information on our Bridal Fit Program go to nyhrc.com
- For information on holiday scheduling go to nyhrc.com
- For substitute instructor information contact your club

56th Street 110 W. 56th Street • 212-541-7200

hours: m-f, 5:30a-11p • sa, 8a-9p • su, 8a-6p

M	T	W	Th	F	S	Su
7:00 Olympic Cycling* :55	7:00 HRC Cycle* :45	7:00 HRC Cycle* :45	7:00 HRC Cycle* :45	7:00 Cardio Sculpt :45	9:45 Club Cuts (STEP) :45	11:00 HRC Cycle* :45
10:00 KS™ (Towel Power) :45	10:15 Gyrokinesis® :60	10:15 Sculpt & Stretch :45	11:00 Tai Chi :55	10:00 Aqua Boot Camp :55	10:30 Club Cuts (SCULPT) :60	11:45 Body Sculpt :60
10:30 Aquacise :45	11:30 Core Yoga :45	12:15 Boot Camp Sculpt :45	11:15 Total Sculpt :55	10:15 Sculpt & Stretch :45	11:00 HRC Cycle* :45	12:30 Aquacise :60
10:45 Stretch :45	12:15 Strength Training :45	12:15 Cycle Zone* :45	12:15 Strength Training :45	11:00 Ballet Barre :45	11:30 Club Cuts(Aerobics) :60	4:00 Total Sculpt :45
11:30 Zumba®(Gold) :45	12:15 Pro Step :45	12:45 Pilates Mat* :45	12:15 HRC Cycle* :45	12:15 IYOGA™ (Liquid Flow) :70	11:30 Aqua Boot Camp :60	
12:15 Pilates Mat :45	12:15 HRC Cycle* :45	1:00 Kinetic Sculpt™ :45	12:15 Pro Step :45	12:15 Cycle Zone* :45	12:30 Wind Up :60	
12:15 Diezel Kick :45	1:00 Pro Sculpt :45	2:00 Hatha Yoga :75	1:00 Pro Sculpt :45	1:00 Power Sculpt :45		
1:00 Restorative Yoga :55	1:00 Boxing Circuit* :45	5:30 15 Minute Abs :15	1:00 Boxing Circuit* :45	5:45 Interval Sculpt :45		
1:00 Diezel Sculpt :45	5:45 Total Sculpt :45	5:45 Military Muscle :45	5:45 Pilates Mat :45	6:00 HRC Cycle* :45		
1:00 Cycle Zone* :45	6:15 Stretch :45	6:30 15 Minute Abs :15	6:00 Cardio Sculpt :45	6:30 Bin Zhou Stretch :45		
2:00 Hatha Yoga :75	6:30 15 Minute Abs :15	6:30 Vinyasa Yoga :75	6:30 Vinyasa Yoga :70			
5:30 Pro Sculpt :45	6:30 HRC Cycle* :45	6:30 HRC Cycle* :45	6:45 Zumba®(dance) :45			
5:45 Hatha Yoga :60	6:45 Strength Training :45	6:45 Boxing Boot Camp :45	7:00 Aquacise :55			
6:00 HRC Cycle* :45	6:50 Diezel Boxing :45	7:15 Total Sculpt :55	7:30 Myma™ Stretch :30			
6:00 Aquacise :45	7:00 Aqua Zumba® :45					
6:15 Pro Step :45	7:30 Latin Ballroom :45					
6:45 Cardio Sculpt :45	8:15 Salsa :45					
7:00 10 Minute Abs :10						

★ new class *sign up required

21st & Park Avenue (270 Park Ave South, Corner of 21st St.) • 212-245-6917

hours: m-f, 6a-11p • sa-su, 8a-9p

M	T	W	Th	F	S	Su
7:00 HRC Cycle :45	6:45 HRC Cycle :45	7:00 Vinyasa Yoga :60	7:00 HRC Cycle :45	6:45 HRC Cycle :45	9:30 Total Sculpt :45	10:00 HRC Cycle* :45
12:30 Interval Sculpt :45	12:15 Diezel Kick Impact :45	12:30 Zumba®(Dance) :45	12:30 Pilates Barre :45	12:15 Alignment Yoga :60	9:30 HRC Cycle* :45	10:00 Pilates Mat :45
5:45 Alignment Yoga :60	5:45 Zumba® (Dance) :45	1:15 Body Sculpt :45	5:45 Diezel Kick Impact :45	5:30 Melt Strength™ :45	10:15 ZUMBA® (Dance) :45	10:45 BareFIT (Sculpt) :45
6:30 HRC Cycle* :45	6:30 Pilates Mat :50	5:45 IYOGA™ (Earth Flow) :60	6:15 HRC Cycle* :45	6:15 Ballet Barre :45	11:15 IYOGA™ (Earth Flow) :70	5:00 The Melt Method™ :60
6:45 Arms/Abs/Assets :45	7:00 HRC Cycle* :45	6:45 HRC Cycle* :45	6:30 Piloxing® :50		4:00 HRC Cycle* :45	
7:30 HRC Cycle* :45	7:30 Vinyasa Yoga :70	6:45 Boot Camp :45	7:20 Vinyasa Yoga :60			
7:30 Zumba® (Dance) :45		7:30 Hard Core :15				
		7:45 Pilates Mat :45				

76th Street 1433 York Avenue • 212-737-6666

hours: m-f, 6a-10p • sa-su, 8a-9p

M	T	W	Th	F	S	Su
8:45 C.O.R.E. :30	8:45 Body Sculpt :45	9:15 Body Sculpt* :55	9:15 Interval Sculpt* :45	9:15 Power Sculpt* :50	9:00 Hi/Low :55	9:30 Hi/Low :45
9:15 Interval Sculpt* :45	9:30 Step Challenge :45	10:15 Zumba® (Dance) :45	10:00 Zumba® (Dance) :45	10:10 Retro Aerobics :45	9:15 Power Sculpt :45	9:30 Body Sculpt :55
10:00 Bin Zhou Stretch :45	10:15 Cycle Zone* :45	10:15 Cycle Zone* :45	11:00 Body Sculpt :60	11:00 Yoga Stretch :55	10:00 Body Sculpt :50	10:15 Total Sculpt :60
11:00 Pilates Mat :45	11:00 Power Sculpt :60	11:00 Pilates Mat :45	11:15 Aquacise* :45	11:30 Aquacise :45	10:00 Bin Zhou Stretch :45	10:30 HRC Cycle* :45
12:00 Hatha Yoga :75	11:00 Aquacise* :45	11:15 Aquacise* :45	12:00 Hatha Yoga :75	12:00 Hatha Yoga :75	10:30 HRC Cycle* :45	11:15 Vinyasa Yoga :75
4:00 Sculpt & Alignment :60	12:00 Hatha Yoga :75	11:45 Better Bones :60	1:15 Tai Chi :55	4:00 Body Sculpt :60	11:15 Vinyasa Yoga :70	4:00 Total Sculpt :55
5:30 Cardio Sculpt (low) :45	1:15 Better Bones :60	12:00 Hatha (Yoga Face) :75	4:00 Below The Belt :50	5:45 Cardio Sculpt :45	11:15 Athletic Abs :30	5:00 Restorative Yoga :60
6:15 ZUMBA® (Dance) :45	4:00 Cardio Sculpt :60	4:00 Arms/Abs/Assets :60	6:30 Cardio Kick :45	6:45 Aquacise :45	4:00 Total Sculpt :55	
7:00 Aquacise :45	6:15 Pilates Mat :45	5:30 Cardio Sculpt (low) :45	7:00 Cycle Zone* :45			
7:00 HRC Cycle* :60	7:00 Power Sculpt :45	6:15 Zumba® (Dance) :45	7:15 Total Sculpt :45			
7:05 Piloxing® :60	7:00 HRC Cycle* :45	6:45 HRC Cycle* :45	8:00 15 Minute Abs :15			
7:30 Vinyasa Yoga :60	7:45 Core Yoga :60	7:00 Aquacise :45				