

CORSIANA YMCA QUEENAX/SPIN STUDIO SCHEDULE

Effective June 8th, 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00 AM		SPIN Anthony <i>*SPIN STUDIO</i>		SPIN Anthony <i>*SPIN STUDIO</i>	
8:30-9:30 AM	TABATA Whitney	HIIT Callee	TABATA Whitney	HIIT Callee	HYBRID TRAINING Lazaro <i>*GYM A</i>
12:15-12:45 PM	BOXING & BODYFIT Joe		BOXING & BODYFIT Joe		
5:15-6:00 PM	BOOST Jarod		BOOST Jarod		
5:15-6:00 PM		CYCLE & STRENGTH Lori <i>*SPIN STUDIO</i>		CYCLE & STRENGTH Lori <i>*SPIN STUDIO</i>	
7:00-8:00 PM	HIIT Alley			HIIT Alley	

SPIN: Low-impact, high-cardio working combining speed intervals and heavy resistance climbs.

TABATA: Whole body workout that aims to improve cardiorespiratory endurance, aerobic and anaerobic capacity, and boost fitness in a short period.

HIIT: Intense workout that alternates between bursts of energy and periods of rest. Improves cardiovascular fitness, burns calories, and builds muscle strength in a short amount of time.

BOXING & BODYFIT: Combines cardio, strength, and functional movements to build strength and improve conditioning.

BOOST: Try the SuperFunctional system to maximize your workout. Designed to build a strong foundation through basic functional movement patterns. Adaptable for all fitness levels.

CYCLE & STRENGTH: High energy, total-body workout that blends intense cycling with strength training exercises, using weights or body weight.

HYBRID TRAINING: High intensity with multiple stations of functional fitness mixed with cycling and running.