

AUGUST GROUP EXERCISE SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a L1 CYCLE KATI VON KNORRING SPIN STUDIO	5:30a-6:15a L1 SPIN FUSION KATI V. / KATE D. SPIN STUDIO	6:00a-6:50a L1/2 TOTAL BODY COND. KATE DUBORD AS 1	5:30a-6:15a L1 CYCLE KATI VON KNORRING SPIN STUDIO	6:00a-6:50a L1/2 TOTAL BODY COND. KATE DUBORD AS 1	8:00a-8:50a L1 GENTLE YOGA FRANCESCA CONWAY M 1/2	8:00a-9:00a L2 GROUP POWER MICHELLE AMORI AS 2
6:30a-7:15a L1 PIYO (Pilates/Yoga) KRISTIN DEGROAT AS 1	6:15a-7:15a L2 BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a L1 STRETCH EXPRESS KATE DUBORD AS 1	6:15a-7:15a L2 BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a L1 STRETCH EXPRESS KATE DUBORD AS 1	8:00a-8:50a L2 FIT IN FIVE WENDY ROSA AS 2	9:00a-9:50 L1 ZUMBA JEN HUMPRHIES AS 1
7:00a-8:00a L2 GROUP POWER MICHELE AMORI AS 2	7:30a-8:30a L1 PICKLBALL CLINICS – SEE GYM SCHEDULE FOR SPECIFICS	8:00a-9:00a L1-L2 ADULT BOX & BURN BRIAN DOWD BOXING LOFT	6:30a-7:30a L1 MEDITATION & YOGA KRISTIN DEGROAT AS 1	7:00a-8:00a L2 GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a L1 DANCE FUSION MATT HOFFMAN AS 1	10:00a-10:50a L1-2 H.I.I.T. JEN HUMPRHIES AS 1
8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	MATT’S DANCE FUSION CLASSES WILL BE BACK IN SEPTEMBER!	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:50a L1 BARRE FRANCESCA CONWAY AS 1	8:00a-8:50a L1 CYCLE & STRENGTH KATE DUBORD SPIN STUDIO	10:00a-11:30a L1 YOGA FRANCESCA CONWAY M 1/2
8:00a-8:45a L2 WEIGHTS & MORE WENDY ROSA M 1/2	8:00a-8:45a L2 CORE & MORE WENDY ROSA M 1/2	8:00a-9:00a L1 WARRIOR TRAINING JODI DECRENZA AS1	8:00a-9:15a L1 PILATES & STRETCH WENDY ROSA M 1/2	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:50a L1 POWER CYCLE KATE DUBORD SPIN STUDIO	
8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:30a-9:30a L1-2 DEEP WATER RUNNING DEBBIE RAGALS OLYMPIC POOL	8:00a-9:00a L1 ARTHRITIS AQUA WENDY ROSA ALUMNI POOL	9:00a-9:55a L2+ STEP & SCULPT RENEE JENNINGS AS 2	9:10a-10:00a L1 WARRIOR TRAINING JODI DECRENZA GYM	9:00a-9:50a L1 ZUMBA KELLZ ARTEAGA AS 1	
9:00a-9:50a L2 BODY BAR BARRE FRANCESCA CONWAY AS 1	8:45a-9:30a L2+ ULT. CARDIOKICK BRANDON MUBUUE GYM	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	9:30a-10:30a L2 ZUMBA KELLZ ARTEAGA AS1	9:00a-9:50a L1 YOGA SUSAN JONES AS 1	9:00a-9:50a L1 STRETCH WENDY ROSA M 1	
10:00a-10:50a L1 ZUMBA KELLZ ARTEAGA AS 1	8:50a-9:40a L1 CHAIR YOGA FRANCESCA CONWAY AS 2	9:00a-9:50a L1 TRADITIONAL YOGA LINDA PARENTICE M 3	10:00a-11:00a L2 PILATES MIX BARRE LINDA PARENTICE AS 2	10:00a-10:55a L2 CARDIO BOOTY BARRE FRANCESCA CONWAY AS 1	10:00a-10:50a L2 TRX CIRCUIT BLAST WENDY ROSA AS 1	
10:00a-10:50a L1 OSTEOPOROSIS WENDY ROSA GYM	9:00a-9:50a L1 YOGA SUSAN JONES AS1	9:00a-9:45 L2 ZUMBA TONING KELLZ ARTEAGA AS2	10:45p-11:45p L1 FIT 4 LIFE DAVE GRAVES GYM	10:15p-11:15p L1 FIT 4 LIFE DAVE GRAVES GYM	10:10a-11:30a L1 YOGA KRISTIN DEGROAT M 1/2	
10:00a-10:50a L1 PD YOGA FRANCESCA CONWAY CENTENNIAL ROOM	9:45a-10:45a L2 ZUMBA TONING KELLZ ARTEAGA AS 2	9:30a-10:15a L1 OSTEO PILATES WENDY ROSA AS 1	11:00a-11:55a L1 PD BASIC BOXING BRIAN DOWD AS 1	11:00a-11:55a L2 BODY CONDITIONING FRANCESCA CONWAY AS 2	11:00a-11:50a L1 MATTER OF BALANCE WENDY ROSA AS 1	
TANGO WILL BE BACK ON MONDAYS AT 11 AND WEDNESDAYS AT 7 IN SEPTEMBER!	10:00a-11:00a L1 FIT 4 LIFE DAVE GRAVES GYM	10:00a-11:00a L1 FIT 4 LIFE FRANCESCA CONWAY GYM	1:00p-3:00p BRIDGE REGISTRATION REQUIRED M3	11:30a-12:30p L1 HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	11:30a-12:20p L1 MOVING FOR LIFE KRISTIN DEGROAT M 1/2	
11:00a-11:55a L1 PD CARDIO BOXING BRANDON MUBUUE AS 1	10:05a-10:55a L1 BARRE SUSAN JONES AS 1	10:25a-10:55a L2 BODY SCULPT EXPRESS LINDA LOMBARDO AS 2	4:00p-5:00p L1 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	11:30p-12:30p L1 PD CARDIO BOXING BRANDON MUBUUE AS 1	12:30p-1:30p L2 ACTIVE & STRONG LINDA LOMBARDO M 1/2	
11:00a-11:50p L1 FIT 4 LIFE DAVE GRAVES GYM	11:10a-12:00p L1 PD TAI CHI KEN DOLAN AS1	11:00a-11:50a L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	5:00P-6:00P L1-L2 BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT	 SCHEDULE NOTES: Schedule is subject to change. Please refer to the Greenwich YMCA app for the most up-to-date information on classes which includes class descriptions. If a room number is in red, it means the class is in a new space. - o BLUE = Classes in our pools - o GREEN = Classes in GYM - o YELLOW = Parkinson’s Body & Mind classes. - o PURPLE = Non-members welcome for a fee - o RED = New classes this month Level 1 – Beginner/Gentle Level 1/2 - Beginner to Intermediate Level 2 – Intermediate to Advanced Level 2+ – Advanced to Intense		
11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	11:15a-11:55p L1 BRAIN FITNESS WENDY ROSA AS 2	11:00a-12:00p L1 PD FUNCTIONAL STRENGTH AS 1	6:00p-7:15p L1 GENTLE YOGA FRANCESCA CONWAY M 3			
12:05p-1:00p L2 ACTIVE & STRONG LINDA LOMBARDO AS 1	12:10p-1:00p L1 OSTEO PILATES WENDY ROSA AS 2	12:00p-1:00p L1 TAI CHI WENDY MOORE AS2	6:00p-6:45p L2 CARDIO JAM BRANDON MUBUUE AS 1			
6:30p-7:30p L1 ZUMBA TONING JEN HUMPHRIES AS 1	12:10p-1:00p L1 PD BASIC BOXING BRIAN DOWD AS 1	11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	TRY THIS NEW CLASS! 6:50p-7:45p L2 SPIN & BOXING COMBO “GEARS & GLOVES” BRANDON MUBUUE START IN SPIN STUDIO, THEN MOVE TO AS1			
6:00p-6:50p L1 POWER YOGA LINDA PARENTICE AS 2	4:30P-5:10P L1-L2 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	1:30p-3:30p MAH JONGG REGISTRATION REQUIRED M3				
7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	5:15P-6:00P L1-L2 BOX/BURN ADULT BRIAN DOWD BOXING LOFT	6:00p-6:50p L2 PILATES MIX BARRE LINDA PARENTICE AS2				
	6:30p-7:30p L1/2 ZUMBA EVA MATYSZKOWICZ AS1	7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
		TANGO WILL BE BACK ON MONDAYS AT 11 AND WEDNESDAYS AT 7 IN SEPTEMBER!				

7/31/2025