

## DECEMBER GROUP EXERCISE CLASSES

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|--|---|---|---|---|---|--|
| 5:30a-6:15a <b>L1</b><br>CYCLE<br>KATI VON KNORRING<br>SPIN STUDIO                             | 5:30a-6:15a <b>L1</b><br>SPIN FUSION<br>KATI V. / KATE D.<br>SPIN STUDIO                      | 6:00a-6:50a <b>L1</b><br>TOTAL BODY COND.<br>KATE DUBORD<br>AS 1  | 5:30a-6:15a <b>L1</b><br>CYCLE<br>KATI VON KNORRING<br>SPIN STUDIO                          | 6:00a-6:50a <b>L1</b><br>TOTAL BODY COND.<br>KATE DUBORD<br>AS 1                                    | 8:00a-8:50a <b>L1</b><br>GENTLE YOGA<br>FRANCESCA CONWAY<br>M 1/2                             | 8:00a-9:00a <b>L2</b><br>GROUP POWER<br>MICHELLE AMORI<br>AS 2 |
| 6:30a-7:15a <b>L1</b><br>PIYO (Pilates/Yoga)<br>KRISTIN DEGROAT<br>AS 1                        | 6:30a-7:15a <b>L1</b><br><b>STRETCH EXPRESS</b><br><b>KATE DUBORD</b><br><b>AS 1</b>          | 7:00a-7:30a <b>L1</b><br>STRETCH EXPRESS<br>KATE DUBORD<br>AS 1   | 6:15a-7:15a <b>L2</b><br>BOOTCAMP<br>LAMONT ROLLINS<br>GYM                                  | 7:00a-7:30a <b>L1</b><br>STRETCH EXPRESS<br>KATE DUBORD<br>AS 1                                     | 8:00a-8:50a <b>L2</b><br>FIT IN FIVE<br>WENDY ROSA<br>AS 2                                    | 9:00a-10:00a <b>L1</b><br>ZUMBA<br>JEN HUMPHRIES<br>AS 1       |
| 7:00a-8:00a <b>L2</b><br>GROUP POWER<br>MICHELE AMORI<br>AS 2                                  | 6:15a-7:15a <b>L2</b><br>BOOTCAMP<br>LAMONT ROLLINS<br>GYM                                    | 7:45a-8:45a <b>L1</b><br>PILATES W/ RINGS<br>NOREEN KEEGAN<br>AS 2                                      | 6:30a-7:30a <b>L1</b><br>MEDITATION & YOGA<br>KRISTIN DEGROAT<br>GYM                        | 7:00a-8:00a <b>L2</b><br>GROUP POWER<br>MICHELLE AMORI<br>AS 2                                      | 8:00a-8:50a <b>L1</b><br>DANCE FUSION<br>MATT HOFFMAN<br>AS 1                                 | 10:00a-11:30a <b>L1</b><br>YOGA<br>FRANCESCA CONWAY<br>M 1/2   |
| 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br>ALUMNI POOL                              | 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br>ALUMNI POOL                             | 8:00a-9:00a <b>L1</b><br>ADULT BOX & BURN<br>BRIAN DOWD<br>BOXING LOFT                                  | 8:00a-9:00a <b>L1</b><br>AQUAFIT<br>CLAUDIA MACORA<br>ALUMNI POOL                           | 8:00a-8:50a <b>L1</b><br>BARRE<br>FRANCESCA CONWAY<br>AS 1  | 8:00a-8:50a <b>L1</b><br>SPIN & TONE<br>KATE DUBORD<br>SPIN STUDIO                            |  |
| 8:00a-8:45a <b>L2</b><br>WEIGHTS & MORE<br>WENDY ROSA<br>AS 1                                  | 8:00a-8:45a <b>L2</b><br>CORE & MORE<br>WENDY ROSA<br>AS 1                                    | 8:15a-9:15a <b>L1</b><br>DANCE FUSION<br>MATT HOFFMAN<br>AS 1   | 8:00a-9:15a <b>L1</b><br>PILATES & STRETCH<br>WENDY ROSA<br>AS 1                            | 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br>SPIN STUDIO                                     | 9:00a-9:50a <b>L1</b><br>ZUMBA<br>KELLZ ARTEAGA<br>AS 1                                       |  |
| 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br>SPIN STUDIO                                | 8:45a-9:30a <b>L2+</b><br>ULT. CARDIOKICK<br>BRANDON MUBUUKU<br>GYM                           | 8:30a-9:30a <b>L2</b><br>CYCLE<br>LAMONT ROLLINS<br>SPIN STUDIO   | 9:00a-9:55a <b>L2+</b><br>STEP & SCULPT<br>RENEE JENNINGS<br>AS 2                           | 9:00a-9:50a <b>L1</b><br>CARDIO DRUMMING<br>LINDA PARENTICE<br>M 1/2                                | 9:00a-9:50a <b>L1</b><br>STRETCH<br>WENDY ROSA<br>M 1   |  |
| 9:00a-9:50a <b>L2</b><br>BODY BAR BARRE<br>FRANCESCA CONWAY<br>AS 1                            | 8:50a-9:40a <b>L1</b><br>CHAIR YOGA<br>FRANCESCA CONWAY<br>AS 2                               | 9:00a-9:50a <b>L1</b><br>TRADITIONAL YOGA<br>LINDA PARENTICE<br>AS 2                                    | 9:00a-10:00a <b>L1</b><br>FUNCTIONAL FLEX<br>LEO ROTONDANO<br>BASE FITNESS                  | 9:00a-9:50a <b>L1</b><br>YOGA<br>SUSAN JONES<br>AS 1  | 10:00a-10:50a <b>L2</b><br>TRX<br>WENDY ROSA<br>AS 1  |  |
| 9:30a-10:00a <b>L1</b><br>FULL BODY STRETCH<br>DEVIN MONAHAN<br>TURF                           | 9:00a-9:55a <b>L1</b><br>YOGA<br>SUSAN JONES<br>M 1/2   | 9:00a-9:45 <b>L2</b><br>ZUMBA TONING<br>KELLZ ARTEAGA<br>M 1/2  | 9:30a-10:30a <b>L2</b><br>ZUMBA<br>KELLZ ARTEAGA<br>AS 1                                    | 10:00a-10:55a <b>L2</b><br><b>CARDIO BOOTY BARRE</b><br><b>FRANCESCA CONWAY</b><br><b>AS 1</b>      | 10:00a-11:30a <b>L1</b><br>YOGA<br>KRISTIN DEGROAT<br>M 1/2                                   |  |
| 10:00a-10:50a <b>L1</b><br>ZUMBA<br>KELLZ ARTEAGA<br>AS 1                                      | 9:00a-9:55a <b>L2</b><br>PILATES MAT<br>LINDA PARENTICE<br>AS 1                               | 9:30a-10:15a <b>L1</b><br>OSTEOPOROSIS<br>WENDY ROSA<br>AS 1  | 9:30a-10:00a <b>L1</b><br>FULL BODY STRETCH<br>DEVIN MONAHAN<br>TURF                        | 11:00a-11:55a <b>L2</b><br>BODY CONDITIONING<br>FRANCESCA CONWAY<br>AS 2                            | 11:00a-11:50a <b>L1</b><br>MATTER OF BALANCE<br>WENDY ROSA<br>AS 1                            |  |
| 10:00a-10:50a <b>L1</b><br>OSTEOPOROSIS<br>WENDY ROSA<br>M 1/2                                 | 9:45a-10:45a <b>L2</b><br>ZUMBA TONING<br>KELLZ ARTEAGA<br>AS 2                               | 10:00a-10:50a <b>L2</b><br>BODY SCULPT<br>LINDA LOMBARDO<br>AS 2  | 10:00a-11:00a <b>L2</b><br><b>PILATES MIX BARRE</b><br><b>LINDA PRENTICE</b><br><b>AS 2</b> | 12:00p-1:00p <b>L1</b><br>FIT 4 LIFE<br>DAVE GRAVES<br>M 1/2  | 11:30a-12:20p <b>L1</b><br><b>PD NIA DANCE</b><br><b>KRISTIN DEGROAT</b><br><b>M 1/2</b>      |  |
| 10:00a-10:50a <b>L1</b><br><b>PD YOGA</b><br><b>FRANCESCA CONWAY</b><br><b>AS 2</b>            | 10:00a-10:30a <b>L1</b><br>FULL BODY STRETCH<br>DEVIN MONAHAN<br>TURF                         | 10:00a-11:00a <b>L1</b><br>FIT 4 LIFE<br>FRANCESCA CONWAY<br>M 1/2                                      | 10:00a-11:00a <b>L1</b><br>FIT 4 LIFE<br>DAVE GRAVES<br>M 1/2                               | 11:30a-12:30p <b>L1</b><br><b>HYDROFIT SHALLOW</b><br><b>LINDA PARENTICE</b><br><b>OLYMPIC POOL</b> | 12:30p-1:30p <b>L2</b><br><b>ACTIVE &amp; STRONG</b><br><b>LINDA LOMBARDO</b><br><b>M 1/2</b> |  |
| 11:00a-11:55a <b>L1</b><br><b>PD BOXING</b><br><b>BRANDON MUBUUKU</b><br><b>AS 1</b>           | 10:00a-11:00a <b>L1</b><br>FIT 4 LIFE<br>DAVE GRAVES<br>M 1/2                                 | 11:00a-11:50a <b>L2</b><br><b>ACTIVE &amp; STRONG</b><br><b>LINDA LOMBARDO</b><br><b>AS 2</b>           | 11:00a-11:55a <b>L1</b><br><b>PD INTRO TO BOXING</b><br><b>BRIAN DOWD</b><br><b>AS 1</b>    | 11:30p-12:30p <b>L1</b><br><b>PD BOXING</b><br><b>BRANDON MUBUUKU</b><br><b>AS 1</b>                |   |  |
| 11:00a-12:00p <b>L1</b><br>FIT 4 LIFE<br>DAVE GRAVES<br>M 1/2                                  | 10:05a-11:00a <b>L1</b><br>BARRE<br>SUSAN JONES<br>AS 1                                       | 11:00a-12:00p <b>L1</b><br><b>PD FUNCTIONAL</b><br><b>STRENGTH</b><br><b>DAVE GRAVES</b><br><b>AS 1</b> | 4:00p-5:00p <b>L1</b><br>TEEN BOX & BURN<br>BRIAN DOWD<br>BOXING LOFT                       |   |   |  |
| 11:30a-12:30p <b>L1</b><br><b>HYDROFIT DEEP</b><br><b>DANA CONELIAS</b><br><b>OLYMPIC POOL</b> | 11:00a-12:00p <b>L1</b><br><b>PD TAI CHI</b><br><b>KEN DOLAN</b><br><b>AS 2</b>               | 11:30a-12:00p <b>L1</b><br>BEGINNING TAI CHI<br>WENDY MOORE<br>M2                                       | 5:00p-6:00p <b>L1</b><br>BOX & BURN OPEN GYM -<br>BOXING LOFT<br>BRIAN DOWD                 |   |   |  |
| 12:05p-1:00p <b>L2</b><br><b>ACTIVE &amp; STRONG</b><br><b>LINDA LOMBARDO</b><br><b>AS 1</b>   | 12:00p-1:00p <b>L1</b><br><b>PD INTRO TO BOXING</b><br><b>BRIAN DOWD</b><br><b>AS 1</b>       | 12:00p-1:00p <b>L1</b><br>TAI CHI<br>WENDY MOORE<br>M2  | 6:30p-7:45p <b>L1</b><br>GENTLE YOGA<br>FRANCESCA CONWAY<br>AS 1                            |   |   |  |
| 6:00p-6:55p <b>L1</b><br>ZUMBA TONING<br>JEN HUMPHRIES<br>AS 1                                 | 4:00p-5:00p <b>L1</b><br>TEEN BOX & BURN<br>BRIAN DOWD<br>BOXING LOFT                         | 11:30a-12:30p <b>L1</b><br><b>HYDROFIT DEEP</b><br><b>DANA CONELIAS</b><br><b>OLYMPIC POOL</b>          |   |   |   |  |
| 6:00p-6:50p <b>L1</b><br>POWER YOGA<br>LINDA PARENTICE<br>AS 2                                 | 5:00p-6:00p <b>L1</b><br>BOX/BURN OPEN GYM<br>BRIAN DOWD<br>BOXING LOFT                       | 6:00p-6:45p <b>L2</b><br>CARDIO JAM<br>BRANDON MUBUUKU<br>AS 1  |   |   |   |  |
| 7:00p-8:00p <b>L1</b><br>WOMEN ON WEIGHTS<br>LINDA PARENTICE<br>WELLNESS CENTER                | 5:30p-6:20p <b>L1</b><br>SPIN & TONE<br>KATE DUBORD<br>SPIN STUDIO                            | 6:00p-7:00p <b>L2</b><br><b>PILATES MIX BARRE</b><br><b>LINDA PRENTICE</b><br><b>AS 2</b>               |   |   |   |  |
| 7:00p-7:45p <b>L2</b><br>TOTAL BODY COND.<br>JEN HUMPHRIES<br>AS 1                             | 6:00p-7:00p <b>L1</b><br><b>CORE &amp; MORE</b><br><b>ANNA MARRIAN</b><br><b>BASE FITNESS</b> | 6:50p-7:35p <b>L2</b><br>BOXING WORKOUT<br>BRANDON MUBUUKU<br>BOXING LOFT                               |   |   |   |  |
|  | 6:15p-7:15p <b>L2</b><br>H.I.I.T.<br>JEN HUMPHRIES<br>AS 2                                    | <b>SOCIAL TANGO</b><br><b>HIATUS IN DECEMBER</b><br><b>WILL RETURN JANUARY 15</b>                       |   |   |   |  |
|  | 6:30p-7:30p <b>L1</b><br>NIA DANCE<br>KRISTIN DEGROAT<br>AS 1                                 | 7:00p-8:00p <b>L1</b><br>WOMEN ON WEIGHTS<br>LINDA PARENTICE<br>WELLNESS CENTER                         |   |   |   |  |



### 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.

- o **BLUE** = Classes in our pools
- 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 2 – Intermediate to Advanced**  
**Level 2+ – Advanced to Intense**