



# JANUARY GROUP EXERCISE CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30a-6:15a <b>L1</b> CYCLE KATI VON KNORRING SPIN STUDIO	5:30a-6:15a <b>L1</b> SPIN FUSION KATI V. / KATE D. SPIN STUDIO	6:00a-6:50a <b>L1</b> TOTAL BODY COND. KATE DUBORD AS 1	5:30a-6:15a <b>L1</b> CYCLE KATI VON KNORRING SPIN STUDIO	6:00a-6:50a <b>L1</b> TOTAL BODY COND. KATE DUBORD AS 1	8:00a-8:50a <b>L1</b> GENTLE YOGA FRANCESCA CONWAY M 1/2	8:00a-9:00a <b>L2</b> GROUP POWER MICHELLE AMORI AS 2
6:30a-7:15a <b>L1</b> PIYO (Pilates/Yoga) KRISTIN DEGROAT AS 1	6:30a-7:15a <b>L1</b> <b>STRETCH EXPRESS</b> <b>KATE DUBORD</b> <b>AS 1</b>	7:00a-7:30a <b>L1</b> STRETCH EXPRESS KATE DUBORD AS 1	6:15a-7:15a <b>L2</b> BOOTCAMP LAMONT ROLLINS GYM	7:00a-7:30a <b>L1</b> STRETCH EXPRESS KATE DUBORD AS 1	8:00a-8:50a <b>L2</b> FIT IN FIVE WENDY ROSA AS 2	9:00a-10:00a <b>L1</b> ZUMBA JEN HUMPHRIES AS 1
7:00a-8:00a <b>L2</b> GROUP POWER MICHELLE AMORI AS 2	6:15a-7:15a <b>L2</b> BOOTCAMP LAMONT ROLLINS GYM	7:45a-8:45a <b>L1</b> PILATES W/ RINGS NOREEN KEEGAN AS 2	6:30a-7:30a <b>L1</b> MEDITATION & YOGA KRISTIN DEGROAT GYM	7:00a-8:00a <b>L2</b> GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a <b>L1</b> DANCE FUSION MATT HOFFMAN AS 1	10:00a-11:30a <b>L1</b> YOGA FRANCESCA CONWAY M 1/2
8:00a-9:00a <b>L1</b> AQUAFIT CLAUDIA MACORA ALUMNI POOL	7:30a-8:30a <b>L1</b> <b>BEGINNER PICKLEBALL</b> <b>CLINIC-MUST SIGN UP!</b> <b>MAXIMUM 10</b>	8:00a-9:00a <b>L1-L2</b> ADULT BOX & BURN BRIAN DOWD BOXING LOFT	8:00a-9:00a <b>L1</b> AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-8:50a <b>L1</b> BARRE FRANCESCA CONWAY AS 1	8:00a-8:50a <b>L1</b> SPIN & TONE KATE DUBORD SPIN STUDIO	
8:00a-8:45a <b>L2</b> WEIGHTS & MORE WENDY ROSA <b>M 1/2</b>	8:00a-9:00a <b>L1</b> AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:15a-9:15a <b>L1</b> DANCE FUSION MATT HOFFMAN AS 1	8:00a-9:15a <b>L1</b> PILATES & STRETCH WENDY ROSA <b>M 1/2</b>	8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:50a <b>L1</b> ZUMBA KELLZ ARTEAGA AS 1	
8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	8:00a-8:45a <b>L2</b> CORE & MORE WENDY ROSA <b>M 1/2</b>	8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:55a <b>L2+</b> STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a <b>L2</b> <b>DANCE FITNESS</b> <b>KATA BUDAI</b> <b>AS 2</b>	9:00a-9:50a <b>L1</b> STRETCH WENDY ROSA M 1	
9:00a-9:50a <b>L2</b> <b>DANCE FITNESS</b> <b>KATA BUDAI</b> <b>AS 2</b>	8:45a-9:30a <b>L2+</b> ULT. CARDIOKICK BRANDON MUBUUKU GYM	9:00a-9:50a <b>L1</b> TRADITIONAL YOGA LINDA PARENTICE AS 2	9:00a-10:00a <b>L1</b> FUNCTIONAL FLEX LEO ROTONDANO BASE FITNESS	9:30a-10:20a <b>L1</b> CARDIO DRUMMING LINDA PARENTICE M 1/2	10:00a-10:50a <b>L2</b> TRX WENDY ROSA AS 1	
9:00a-9:50a <b>L2</b> BODY BAR BARRE FRANCESCA CONWAY AS 1	8:50a-9:40a <b>L1</b> CHAIR YOGA FRANCESCA CONWAY AS 2	9:00a-9:45 <b>L2</b> ZUMBA TONING KELLZ ARTEAGA M 1/2	9:30a-10:30a <b>L2</b> ZUMBA KELLZ ARTEAGA AS 1	9:00a-9:50a <b>L1</b> YOGA SUSAN JONES AS 1	10:00a-11:30a <b>L1</b> YOGA KRISTIN DEGROAT M 1/2	
9:30a-10:00a <b>L1</b> FULL BODY STRETCH DEVIN MONAHAN TURF	9:00a-9:55a <b>L1</b> YOGA SUSAN JONES M 1/2	9:30a-10:15a <b>L1</b> OSTEOPOROSIS WENDY ROSA AS 1	9:30a-10:00a <b>L1</b> FULL BODY STRETCH DEVIN MONAHAN TURF	10:00a-10:55a <b>L2</b> CARDIO BOOTY BARRE FRANCESCA CONWAY AS 1	11:00a-11:50a <b>L1</b> MATTER OF BALANCE WENDY ROSA AS 1	
10:00a-10:50a <b>L1</b> ZUMBA KELLZ ARTEAGA AS 1	9:00a-9:55a <b>L2</b> PILATES MAT LINDA PARENTICE AS 1	10:00a-10:50a <b>L2</b> BODY SCULPT LINDA LOMBARDO AS 2	10:00a-11:00a <b>L2</b> <b>PILATES MIX BARRE</b> <b>LINDA PRENTICE</b> <b>AS 2</b>	11:00a-11:55a <b>L2</b> BODY CONDITIONING FRANCESCA CONWAY AS 2	11:30a-12:20p <b>L1</b> <b>PD NIA DANCE</b> <b>KRISTIN DEGROAT</b> <b>M 1/2</b>	
10:00a-10:50a <b>L1</b> OSTEOPOROSIS WENDY ROSA M 1/2	9:45a-10:45a <b>L2</b> ZUMBA TONING KELLZ ARTEAGA AS 2	10:00a-11:00a <b>L1</b> FIT 4 LIFE FRANCESCA CONWAY M 1/2	10:00a-11:00a <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	11:30a-12:30p <b>L1</b> <b>HYDROFIT SHALLOW</b> <b>LINDA PARENTICE</b> <b>OLYMPIC POOL</b>	12:30p-1:30p <b>L2</b> <b>ACTIVE &amp; STRONG</b> <b>LINDA LOMBARDO</b> <b>M 1/2</b>	
10:00a-10:50a <b>L1</b> <b>PD YOGA</b> <b>FRANCESCA CONWAY</b> <b>AS 2</b>	10:00a-10:30a <b>L1</b> FULL BODY STRETCH DEVIN MONAHAN TURF	11:00a-11:50a <b>L2</b> <b>ACTIVE &amp; STRONG</b> <b>LINDA LOMBARDO</b> <b>AS 2</b>	11:00a-11:55a <b>L1</b> <b>PD INTRO TO BOXING</b> <b>BRIAN DOWD</b> <b>AS 1</b>	11:30p-12:30p <b>L1</b> <b>PD BOXING</b> <b>BRANDON MUBUUKU</b> <b>AS 1</b>		
11:00a-11:55a <b>L1</b> <b>PD BOXING</b> <b>BRANDON MUBUUKU</b> <b>AS 1</b>	10:00a-11:00a <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-12:00p <b>L1</b> <b>PD FUNCTIONAL</b> <b>STRENGTH</b> <b>DAVE GRAVES</b> <b>AS 1</b>	4:00p-5:00p <b>L1</b> TEEN BOX & BURN BRIAN DOWD BOXING LOFT	12:00p-1:00p <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2		
11:00a-12:00p <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	10:05a-11:00a <b>L1</b> BARRE SUSAN JONES AS 1	11:30a-12:00p <b>L1</b> BEGINNING TAI CHI WENDY MOORE M2	5:00p-6:00p <b>L1-L2</b> BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT			
11:30a-12:30p <b>L1</b> <b>HYDROFIT DEEP</b> <b>DANA CONELIAS</b> <b>OLYMPIC POOL</b>	11:00a-12:00p <b>L1</b> <b>PD TAI CHI</b> <b>KEN DOLAN</b> <b>AS 2</b>	12:00p-1:00p <b>L1</b> TAI CHI WENDY MOORE M2	6:30p-7:45p <b>L1</b> GENTLE YOGA FRANCESCA CONWAY AS 1			
12:05p-1:00p <b>L2</b> <b>ACTIVE &amp; STRONG</b> <b>LINDA LOMBARDO</b> <b>AS 1</b>	12:00p-1:00p <b>L1</b> <b>PD INTRO TO BOXING</b> <b>BRIAN DOWD</b> <b>AS 1</b>	11:30a-12:30p <b>L1</b> <b>HYDROFIT DEEP</b> <b>DANA CONELIAS</b> <b>OLYMPIC POOL</b>				
6:00p-6:55p <b>L1</b> ZUMBA TONING JEN HUMPHRIES AS 1	4:30p-6:00p <b>L1-L2</b> <b>BOX/BURN FOR ALL</b> <b>BRIAN DOWD</b> <b>BOXING LOFT</b>	6:00p-6:45p <b>L2</b> CARDIO JAM BRANDON MUBUUKU AS 1				
6:00p-6:50p <b>L1</b> POWER YOGA LINDA PARENTICE AS 2	5:30p-6:20p <b>L1</b> SPIN & TONE KATE DUBORD SPIN STUDIO	6:00p-7:00p <b>L2</b> <b>PILATES MIX BARRE</b> <b>LINDA PRENTICE</b> <b>AS 2</b>				
7:00p-8:00p <b>L1</b> WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	6:00p-7:00p <b>L1</b> <b>CORE &amp; MORE</b> <b>ANNA MARRIAN</b> <b>BASE FITNESS</b>	6:50p-7:35p <b>L2</b> BOXING WORKOUT BRANDON MUBUUKU BOXING LOFT				
7:00p-7:45p <b>L2</b> TOTAL BODY COND. JEN HUMPHRIES AS 1	6:15p-7:15p <b>L2</b> H.I.I.T. JEN HUMPHRIES <b>M 3</b>	7:00p-8:00p <b>L1</b> WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
	6:30p-7:30p <b>L1</b> NIA DANCE KRISTIN DEGROAT <b>AS 2</b>					



**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**