

# MARCH

## GROUP EX SCHEDULE

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>L1/2</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>L1/2</b> TOTAL BODY COND. KATE DUBORD AS 1	7:00a-7:45a <b>L2</b> <b>BOOTCAMP</b> <b>"MIND BODY RESET"</b> <b>IZY BLACKWOOD</b> <b>AS1</b>	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	6:15a-7:15a <b>L2</b> <b>BOOTCAMP</b> LAMONT ROLLINS GYM	7:00a-7:30a <b>L1</b> STRETCH EXPRESS KATE DUBORD AS 1	6:15a-7:15a <b>L2</b> <b>BOOTCAMP</b> LAMONT ROLLINS GYM	7:00a-7:30a <b>L1</b> STRETCH EXPRESS KATE DUBORD AS 1	8:00a-8:50a <b>L1</b> GENTLE YOGA FRANCESCA CONWAY M 1/2	9:00a-9:50a <b>L1</b> ZUMBA JEN HUMPRHIES AS 1
7:00a-8:00a <b>L2</b> GROUP POWER MICHELLE AMORI AS 2	7:30a-8:30a <b>L1</b> PICKLEBALL CLINICS - SEE GYM SCHEDULE FOR SPECIFICS	8:00a-9:00a <b>L1-L2</b> ADULT BOX & BURN BRIAN DOWD BOXING LOFT	6:30a-7:30a <b>L1</b> MEDITATION & YOGA KRISTIN DEGROAT AS 1	7:00a-8:00a <b>L2</b> GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a <b>L2</b> FIT IN FIVE WENDY ROSA AS 2	10:00a-10:50a <b>L1-2</b> H.I.I.T. JEN HUMPRHIES AS 1
7:30a-8:00a <b>L1</b> <b>STRETCH EXPRESS</b> <b>IZY BLACKWOOD</b> <b>AS 1</b>	8:00a-9:00a <b>L1</b> AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a <b>L1-2</b> DANCE FUSION MATT HOFFMAN AS 1	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> 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	8:00a-8:45a <b>L2</b> CORE & MORE WENDY ROSA M 1/2	8:00a-9:00a <b>L1</b> AQUA ARTHRITIS WENDY ROSA ALUMNI POOL	8:00a-9:15a <b>L2</b> PILATES & STRETCH WENDY ROSA M 1/2	8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	8:00a-8:50a <b>L1-2</b> CYCLE & STRENGTH KATE DUBORD SPIN STUDIO	
8:00a-8:45a <b>L2</b> WEIGHTS & MORE WENDY ROSA M 1/2	8:45a-9:30a <b>L2+</b> ULT. CARDIOKICK BRANDON MUBUUE GYM	8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	8:30a-9:20a <b>L2</b> PILATES MIX BARRE LINDA PARENTICE AS 1	9:00a-9:50a <b>L1</b> YOGA SUSAN JONES AS 1	9:00a-9:50a <b>L1-2</b> POWER CYCLE KATE DUBORD SPIN STUDIO	
8:30a-9:30a <b>L2</b> CYCLE LAMONT ROLLINS SPIN STUDIO	8:50a-9:40a <b>L1</b> CHAIR YOGA FRANCESCA CONWAY AS 2	9:00a-9:50a <b>L1</b> TRADITIONAL YOGA LINDA PARENTICE AS 2	9:00a-9:55a <b>L2+</b> STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a <b>L1-2</b> WARRIOR TRAINING JODI DECENZA AS 2	9:00a-9:50a <b>L1</b> ZUMBA KELLZ ARTEAGA AS 1	
9:00a-9:50a <b>L2</b> BODY BAR BARRE FRANCESCA CONWAY AS 1	9:00a-9:50a <b>L1</b> YOGA SUSAN JONES M 1/2	9:00a-9:50 <b>L2</b> ZUMBA TONING KELLZ ARTEAGA M 1/2	9:30a-10:30a <b>L2</b> ZUMBA KELLZ ARTEAGA AS 1	10:00a-10:55a <b>L2</b> CARDIO BOOTY BARRE FRANCESCA CONWAY AS 1	9:00a-9:50a <b>L1</b> STRETCH WENDY ROSA M 1/2	
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	9:30a-10:15a <b>L1</b> BUFF BONES PILATES WENDY ROSA AS 1	10:00a-11:00a <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	10:15a-11:15a <b>L1</b> <b>HYDROFIT SHALLOW</b> <b>LINDA PARENTICE</b> <b>OLYMPIC POOL</b>	10:00a-10:50a <b>L2</b> <b>ADVANCED TRX</b> <b>WENDY ROSA</b> <b>AS 1</b>	
10:00a-10:50a <b>L1</b> <b>BUFF</b> <b>BONES:</b> <b>STANDING STRONG</b> <b>WENDY ROSA</b> <b>M 1/2</b>	9:45a-10:45a <b>L2</b> ZUMBA TONING KELLZ ARTEAGA AS 2	10:25a-11:10a <b>L2</b> BODY SCULPT LINDA LOMBARDO AS 2	11:00a-11:55a <b>L1</b> PD BASIC BOXING BRIAN DOWD AS 1	11:00a-11:55a <b>L2</b> BODY CONDITIONING FRANCESCA CONWAY <b>M 1/2</b>	10:10a-11:30a <b>L2</b> YOGA KRISTIN DEGROAT M 1/2	
10:00a-10:50a <b>L1</b> PD YOGA FRANCESCA CONWAY CENTENNIAL ROOM	10:00a-11:00a <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	10:00a-11:00a <b>L1</b> FIT 4 LIFE FRANCESCA CONWAY M 1/2	1:00p-3:00p BRIDGE REGISTRATION REQUIRED M3	11:30a-1:00p <b>L1</b> PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA <b>AS 1&amp;2 THIS CLASS IS</b> <b>UNDERWRITTEN BY</b> <b>PARKINSON'S BODY &amp;</b> <b>MIND</b>	11:00a-11:50a <b>L1</b> MATTER OF BALANCE WENDY ROSA AS 1	
11:00p-12:00p <b>L1/2</b> SOCIAL TANGO DANIELA ROIG M3 <b>MARCH 1-23 ONLY</b>	10:05a-10:55a <b>L1</b> BARRE SUSAN JONES AS 1	11:15a-12:00p <b>L2</b> ACTIVE & STRONG LINDA LOMBARDO AS 2	4:00p-5:00p <b>L1</b> TEEN BOX & BURN BRIAN DOWD BOXING LOFT	11:30a-12:20p <b>L1</b> <b>MOVING FOR LIFE</b> KRISTIN DEGROAT M 1/2		
11:00a-12:30p <b>L1</b> PD CARDIO BOXING & MINDFUL MOVEMENT BRANDON & LINDA <b>AS 1&amp;2 THIS CLASS IS</b> <b>UNDERWRITTEN BY</b> <b>PARKINSON'S BODY &amp;</b> <b>MIND</b>	11:10a-12:00p <b>L1</b> PD TAI CHI KEN DOLAN AS 1	11:00a-12:00p <b>L1</b> PD FUNCTIONAL STRENGTH DAVE GRAVES AS 1	5:00p-6:00p <b>L1-L2</b> BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT	12:05p-1:05p <b>L1</b> FIT 4 LIFE DAVE GRAVES M 1/2	12:00a-12:45p <b>L1</b> <b>BEGINNER BASICS TRX</b> <b>WENDY ROSA</b> <b>AS 1</b>	
11:00a-11:55p <b>L1</b> BRAIN FITNESS WENDY ROSA M 1/2	11:15a-11:55p <b>L1</b> BRAIN FITNESS WENDY ROSA M 1/2	11:30a-12:30p <b>L1</b> HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	6:00p-7:15p <b>L1</b> GENTLE YOGA FRANCESCA CONWAY AS 1		12:30p-1:30p <b>L2</b> ACTIVE & STRONG LINDA LOMBARDO AS 2	
11:00a-11:55p <b>L1</b> FIT 4 LIFE JODI DECENZA M 1/2	12:00p-12:45p <b>L1</b> BUFF BONES PILATES WENDY ROSA M 1/2	5:00p-5:50p <b>L2</b> <b>BOOTCAMP</b> <b>"MIND BODY RESET"</b> <b>IZY BLACKWOOD</b> <b>AS1</b>				
11:30a-12:30p <b>L1</b> HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	12:10p-1:00p <b>L1</b> PD BASIC BOXING BRIAN DOWD AS 1	6:00p-6:50p <b>L2</b> PILATES MIX BARRE LINDA PARENTICE AS 1				
12:05p-1:00p <b>L2</b> ACTIVE & STRONG LINDA LOMBARDO <b>1/2</b>	4:30p-5:10p <b>L1-L2</b> TEEN BOX & BURN BRIAN DOWD BOXING LOFT	6:00p-6:45p <b>L2</b> CARDIO JAM BRANDON MUBUUE <b>AS 2</b>				
6:00p-6:50p <b>L1</b> POWER YOGA LINDA PARENTICE AS 2	5:15p-6:00p <b>L1-L2</b> BOX/BURN ADULT BRIAN DOWD BOXING LOFT	6:50p-7:45p <b>L2</b> SPIN/BOXING COMBO "GEARS & GLOVES" BRANDON MUBUUE				
6:30p-7:30p <b>L1</b> ZUMBA AYA BARATTA AS 1	6:30p-7:30p <b>L1/2</b> ZUMBA EVA MATYSZOWICZ AS 1	7:00p-8:00p <b>L1</b> WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER				
7:00p-8:00p <b>L1</b> WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	7:00p-8:00p <b>L1</b> YOGA JODI DECENZA M1/2	7:00p-8:00p <b>L1/2</b> SOCIAL TANGO DANIELA ROIG AS1 <b>MARCH 1-23 ONLY</b>				

2/27/2026

**NOTES:** Class registration is required. Please be sure to cancel if you cannot attend a class that you registered for. 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 OR class / room change.
- o **PINK** = Social Games (fee for members and non-members)

**L1** – Beginner/Gentle  
**L1/2**- Beginner to Intermediate  
**L2** – Intermediate to Advanced  
**L2+** – Advanced to Intense

