




NOVEMBER GROUP EXERCISE CLASSES



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 TOTAL BODY COND. KATE DUBORD AS 1	5:30a-6:15a L1 CYCLE KATI VON KNORRING SPIN STUDIO	6:00a-6:50a L1 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	6:00a-7:00a L1 VINYASA YOGA SAM SHUSTER AS 1	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-10:00a L1 ZUMBA JEN HUMPHRIES AS 1
7:00a-8:00a L2 GROUP POWER MICHELLE AMORI AS 2	6:15a-7:15a L2 BOOTCAMP LAMONT ROLLINS GYM	7:45a-8:45a L1 PILATES W/ RINGS NOREEN KEEGAN AS 2	6:30a-7:30a L1 MEDITATION & YOGA KRISTIN DEGROAT GYM	7:00a-8:00a L2 GROUP POWER MICHELLE AMORI AS 2	8:00a-8:50a L1 DANCE FUSION MATT HOFFMAN AS 1	10:00a-11:30a L1 YOGA FRANCESCA CONWAY M 1/2
8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a L1 AQUAFIT CLAUDIA MACORA ALUMNI POOL	8:00a-9:00a L1 ADULT BOX & BURN BRIAN DOWD BOXING LOFT	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 SPIN & TONE KATE DUBORD SPIN STUDIO	
8:00a-8:45a L2 WEIGHTS & MORE WENDY ROSA AS 1	8:00a-8:45a L2 CORE & MORE WENDY ROSA AS 1	8:15a-9:15a L1 DANCE FUSION MATT HOFFMAN AS 1	8:00a-9:15a L1 PILATES & STRETCH WENDY ROSA AS 1	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:50a L1 ZUMBA KELLZ ARTEAGA AS 1	
8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	8:45a-9:30a L2+ ULT. CARDIOKICK BRANDON MUBUUE GYM	8:30a-9:30a L2 CYCLE LAMONT ROLLINS SPIN STUDIO	9:00a-9:55a L2+ STEP & SCULPT RENEE JENNINGS AS 2	9:00a-9:50a L1 CARDIO DRUMMING LINDA PARENTICE M 1/2	9:00a-9:50a L1 STRETCH WENDY ROSA M 1	
8:30a-9:30a L1 CARDIO DRUMMING LINDA PARENTICE M 1/2	8:50a-9:40a L1 CHAIR YOGA FRANCESCA CONWAY AS 2	9:00a-9:50a L1 TRADITIONAL YOGA LINDA PARENTICE AS 2	9:00a-10:00a L1 FUNCTIONAL FLEX LEO ROTONDANO BASE FITNESS	9:00a-9:50a L1 YOGA SUSAN JONES AS 1	10:00a-10:50a L2 TRX WENDY ROSA AS 1	
9:00a-9:50a L2 BODY BAR BARRE FRANCESCA CONWAY AS 1	9:00a-9:55a L1 YOGA SUSAN JONES M 1/2	9:00a-9:45 L2 ZUMBA TONING KELLZ ARTEAGA M 1/2	9:30a-10:30a L2 ZUMBA KELLZ ARTEAGA AS 1	10:00a-10:55a L2 CARDIO BOOTY BARRE SUSAN POMERANCE AS 1	10:00a-11:30a L1 YOGA KRISTIN DEGROAT M 1/2	
9:30a-10:00a L1 FULL BODY STRETCH DEVIN MONAHAN TURF	9:00a-9:55a L1 PILATES MAT LINDA PARENTICE AS 1	9:30a-10:15a L1 OSTEOPOROSIS WENDY ROSA AS 1	9:30a-10:00a L1 FULL BODY STRETCH DEVIN MONAHAN TURF	11:00a-11:55a L2 BODY CONDITIONING FRANCESCA CONWAY AS 2	11:00a-11:50a L1 MATTER OF BALANCE WENDY ROSA AS 1	
10:00a-10:50a L1 ZUMBA KELLZ ARTEAGA AS 1	9:45a-10:45a L2 ZUMBA TONING KELLZ ARTEAGA AS 2	10:00a-10:50a L2 BODY SCULPT LINDA LOMBARDO AS 2	10:00a-10:50a L1 CHAIR YOGA LINDA PARENTICE AS 2	12:00p-1:00p L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:30a-12:20p L1 PD NIA DANCE KRISTIN DEGROAT M 1/2	
10:00a-10:50a L1 OSTEOPOROSIS WENDY ROSA M 1/2	10:00a-10:30a L1 FULL BODY STRETCH DEVIN MONAHAN TURF	10:00a-11:00a L1 FIT 4 LIFE FRANCESCA CONWAY M 1/2	10:00a-11:00a L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:30a-12:30p L1 HYDROFIT SHALLOW LINDA PARENTICE OLYMPIC POOL	12:30p-1:30p L2 ACTIVE & STRONG LINDA LOMBARDO M 1/2	
10:00a-10:55a L1 PD YOGA FRANCESCA CONWAY AS 2	10:00a-11:00a L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-11:50a L2 ACTIVE & STRONG LINDA LOMBARDO AS 2	11:00a-11:55a L1 PD INTRO TO BOXING BRIAN DOWD AS 1	11:30p-12:30p L1 PD BOXING BRANDON MUBUUE AS 1		
11:00a-11:55a L1 PD BOXING BRANDON MUBUUE AS 1	10:05a-11:00a L1 BARRE SUSAN JONES AS 1	11:00a-12:00p L1 PD FUNCTIONAL STRENGTH DAVE GRAVES AS 1	4:00p-5:00p L1 TEEN BOX & BURN BRIAN DOWD BOXING LOFT			
11:00a-12:00p L1 FIT 4 LIFE DAVE GRAVES M 1/2	11:00a-12:00p L1 PD TAI CHI KEN DOLAN AS 2	11:30a-12:00p L1 BEGINNING TAI CHI WENDY MOORE M2	5:00p-6:00p L1 BOX & BURN OPEN GYM - BOXING LOFT BRIAN DOWD			
11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL	12:00p-1:00p L1 PD INTRO TO BOXING BRIAN DOWD AS 1	12:00p-1:00p L1 TAI CHI WENDY MOORE M2	6:30p-7:45p L1 GENTLE YOGA FRANCESCA CONWAY AS 1			
12:05p-1:00p L2 ACTIVE & STRONG LINDA LOMBARDO AS 1	4:00p-5:00p L1 TEEN BOX & BURN BRIAN DOWD BOXING LOFT	11:30a-12:30p L1 HYDROFIT DEEP DANA CONELIAS OLYMPIC POOL				
6:00p-6:45p L1 CYCLE SHAWNA O'BRIEN SPIN STUDIO	5:00p-6:00p L1 BOX/BURN OPEN GYM BRIAN DOWD BOXING LOFT	6:00p-6:45p L2 CARDIO JAM BRANDON MUBUUE AS 1				
6:00p-6:55p L1 ZUMBA TONING JEN HUMPHRIES AS 1	5:30p-6:20p L1 SPIN & TONE KATE DUBORD SPIN STUDIO	6:00p-6:45p L1 CYCLE SHAWNA O'BRIEN SPIN STUDIO				
6:00p-6:50p L1 POWER YOGA LINDA PARENTICE AS 2	6:00p-7:00p L1 CORE FOCUS FITNESS ANNA MARRIAN BASE FITNESS	6:50p-7:35p L2 BOXING WORKOUT BRANDON MUBUUE BOXING LOFT				
7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE WELLNESS CENTER	6:15p-7:15p L2 H.I.I.T. JEN HUMPHRIES AS 2	7:00p-8:00p AS 1 L1 SOCIAL TANGO MEMBERS FREE, Guests \$15.				
7:00p-7:45p L2 TOTAL BODY COND. JEN HUMPHRIES AS 1	6:30p-7:30p L1 NIA DANCE KRISTIN DEGROAT AS 1	7:00p-8:00p L1 WOMEN ON WEIGHTS LINDA PARENTICE 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